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HINTS  
IN  
DOMESTIC PRACTICE  
AND  
HOME NURSING.

BY  
ANNA TEMPLE LOVERING, M. D.



BOSTON AND PROVIDENCE:  
OTIS CLAPP & SON,  
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THE RIVERDALE PRESS:  
C. A. W. SPENCER,  
BROOKLINE, MASS.

## PREFACE.

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This little book is not intended to render the services of the physician unnecessary or less valuable. No book, large or small, can ever take his place; but much may be learned by the attentive reader, which, if properly applied, will stand him in good stead when illness threatens or when he is far from his own medical adviser.

It is believed that Hints in Domestic Practice and Home Nursing will prove of value to the profession as well as to the laity. Every physician can call to mind cases in his own experience which would have been far freer from complications had the family possessed a saving knowledge of hygienic rules and the law of similars. And every reader, we feel sure, will gladly seize this opportunity of learning how to ward off disease, or how, when its sway is once established, to lessen its power and control its phases, at least in the initial stages.

No art or science is so well calculated to furnish us with effective weapons with which to meet and overcome morbid conditions as Homœopathy. We are confident that no one, bringing to its study a mind honestly desirous of doing

justice to the subject, and of learning the whole truth, will turn away disappointed or unconvinced. In this we may be mistaken; but at least, we are not mistaken in adding that, wholesale condemnation without impartial, thorough and intelligent investigation, marks not the wise man, but the wearer of cap and bells.

Our readers, however, are doubtless predisposed in favor of Homœopathy, and are perhaps of those who have experienced its benefits. If such is the case, let them not be "benefits forgot." Use your personal influence in the right direction, so that others may profit by your experience. Strive to acquire a better defined and larger knowledge of the subject.

Do not labor nor permit others to labor under the delusion that Homœopathy is a mere matter of the size of the dose. Show them by some pertinent illustration that it is a *science* founded upon the law of similars, and that the law of similars means that if tartar emetic will cause pronounced stomach symptoms in a perfectly healthy person (as it will), it will also relieve those same symptoms when caused by abnormal conditions. In other words, like cures like,—which does not mean that when you sprain your ankle you must give it another wrench in order to cure it. It means that you should use that remedy which in health would produce similar symptoms. Therefore, in any given case choose your remedy wisely and carefully, and having selected it, do not be in too great haste to change it.

Above all, do not rely upon so-called Homœopathic "Specifics." Homœopathically speaking, there is no such thing as a specific applicable to a set of cases grouped under one general heading.

Homœopathy is a science which individualizes cases, and selects the appropriate remedy for each one, according to a definite and well-proved law. No two cases will ever be exactly alike, any more than any two peoples' features. The well-trained intellect recognizes this, and discriminates between bronchitis and bronchitis, indigestion and indigestion, and so on, *ad infinitum*.

Now as to dose. Homœopathy successfully endeavors to simplify the question of medicine, first, by choosing it in a scientific way, and then by using only enough to bring about the desired result. Why drown a man because he needs a drink of water? No, no. The coming centuries will surely not countenance such absurdities,—will, in fact, refuse to saturate a patient with drugs. Do you, then, hasten that good time by teaching common sense as opposed to common custom. Above all, let the followers of every school remember that vials of medicine might as well be vials of wrath, if the patient fails to observe the laws of hygiene.

You *must* breathe pure air, drink pure water, keep your body clean inside and out, and refrain from abusing the power you have over it. Temperate living will save you from many of the ills to which flesh is heir.

Should this little book, then, emphasize even in a degree these vital points, it will more than cover the ground originally mapped out. It was at first intended to more especially call the attention of the public to the fact that, in the heart of Boston, there was one firm prepared to furnish pure, reliable Homœopathic preparations and other standard goods, and determined never by any chance to dispense an inferior article. While this, we trust, has been accomplished, we can not but rejoice at the opportunity afforded of offering helpful suggestions as to the care of the body in health and in disease, and can only hope that our readers may agree that, so far as the limits of this book permit, our good intentions have been carried out.

Boston, January 1, 1896.



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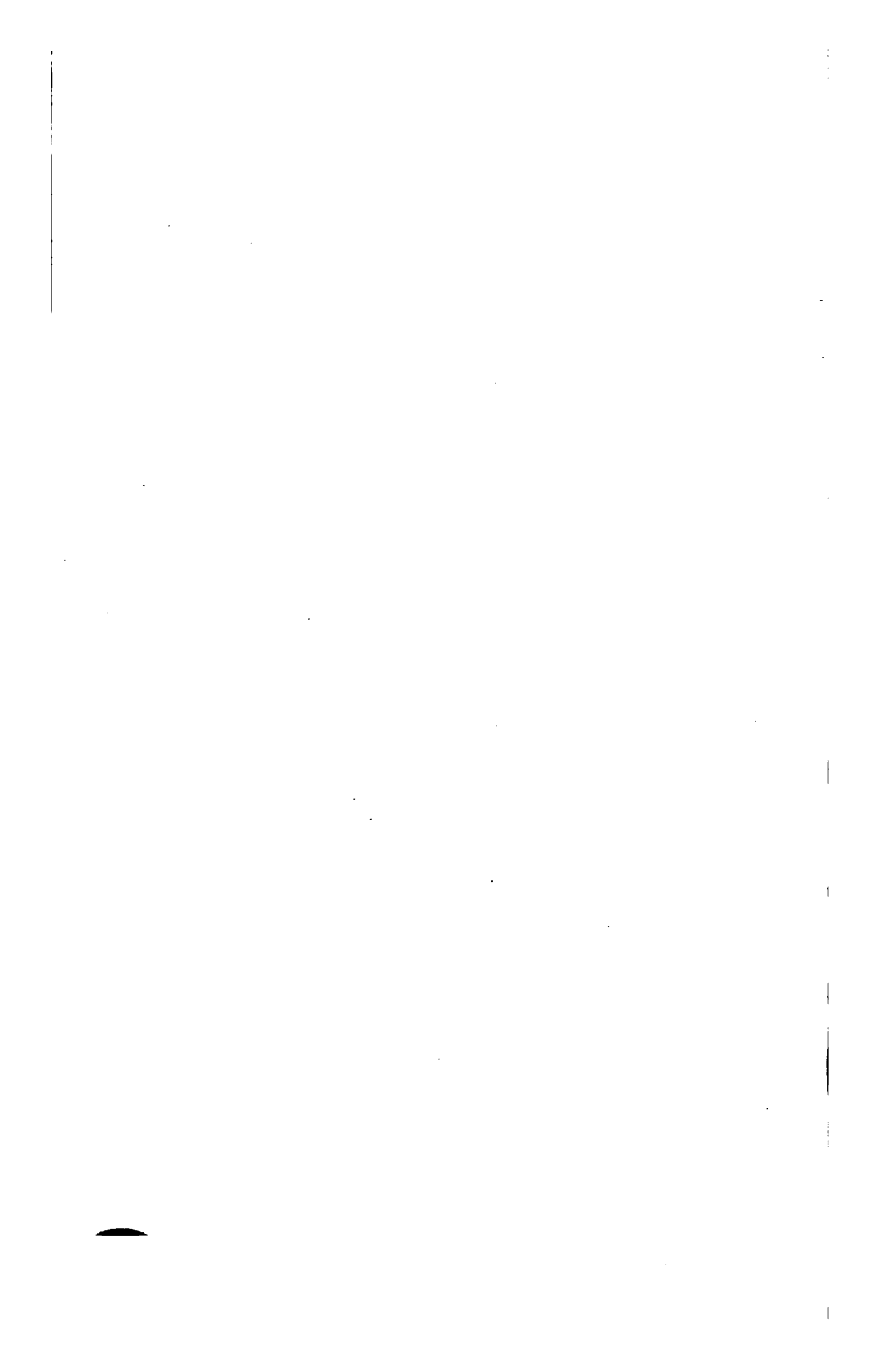
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## PART I.

---

### Rules of Health.

Retire and rise early.

Take good care of your teeth.

Keep your feet warm and dry.

Cultivate a cheerful disposition.

Exercise out of doors every day.

Secure good ventilation in your house.

Obey the calls of nature without delay.

Eat nourishing, digestible food, at regular hours.

Avoid stimulants, tobacco, ice-water and over-eating.

Restrain your passions, both mental and physical.

Wear comfortable and sufficient clothing; women, especially, should properly protect the abdominal organs, and avoid allowing the feet to remain *damp* after exposure.

### Observation of Symptoms.

As with kindred subjects relating to the care of the patient, this branch of nursing, also, can receive but brief attention in a work of this

kind. Cultivate, however, an attentive mind, and if you become responsible for one who is temporarily ill and helpless, aid the attending physician and increase the value of your services by an intelligent observation and report of the patient's symptoms from day to day.

Notice the position assumed in bed; it often indicates the nature and character of pain.

Observe whether the pupils of the eyes are dilated, or contracted; whether the tongue is clean, or coated, and of what color; whether or not the breath is offensive, and whether the face and eyes show any deviation from their normal color.

Should there be any discharge from the nose or mouth, observe its character. If the sufferer has a cough, notice at what time of the day or night it is worst, and if it is dry, or loose; occasional, or constant; what excites, and what relieves it; if the irritation is apparently in the throat, or chest.

Observe the character of the respiration, whether painful, hurried, slow, difficult, shallow or deep; the pulse, whether strong or weak; regular or irregular; slow or rapid; tense, wiry or thready, or if a beat is missed occasionally.

You hardly need to be told that the temperature is of great importance. All variations should be carefully recorded and the thermometer used at the same hour each day.

Observe the character and frequency of all discharges; if from the bowels, the consistency, color, amount and general appearance; *i. e.*, if

they contain blood, pus, or undigested food,—if from the bladder, whether the urine is copious and light-colored, or scanty and red or dark; if passed with pain; if sediment settles after the urine stands a short time and the nature of such deposit, and whether the urine is acid or alkaline. It should be acid. You can test it with a small piece of litmus paper. Acid urine will turn it red.

Observe the condition of the skin, whether moist or dry, hot or cold; the nature of the perspiration when present, whether copious or slight, and its odor. Observe, also, the patient's appetite, and carefully note how much nourishment is taken in the twenty-four hours and how much sleep is obtained, and its nature. If there is pain, notice whether it is constant or spasmodic; confined to one spot, or frequently shifting about, and what conditions seemingly increase or relieve it.

The above suggestions are like the fingers on guide posts,—merely intended to point the way; yet faithfully heeded, even these hints will undoubtedly prove of value to your physician, your patient and yourself.

### Diet.

In feeding the sick always remember that food given in small quantities, at short and regular intervals, is more easily digested and assimilated than when administered in any other way. Be sure and give it as you would medicine,—*exactly when it is due.*

In fevers let the diet be liquid. Milk is one of the best of foods. Six or eight ounces every two hours is sufficient. A tablespoonful of lime water may be added when there is difficulty in retaining it. Liquids are most easily retained when given either very cold, or as hot as they can be swallowed.

Chicken and mutton broths contain far more nourishment than beef tea; but the latter is a better stimulant. Beef juice is an excellent food. Gruels made of rice, flour, arrowroot and cornstarch are bland and unirritating, and especially useful in diarrhoea. They can also be made from oatmeal and prepared cereals. Egg noggs are a concentrated form of nourishment.

In cholera infantum and dysentery barley water, wine whey and albumen water are excellent foods. The latter is prepared by stirring gently the whites of two eggs into half a pint of cold water; sweeten with sugar or milk. When milk alone is used, it can be sterilized by placing it in a bottle and the bottle in boiling water, allowing it to remain there until it reaches a temperature of 168°. A thermometer *must* be used to determine the degree of heat. One of the best, which can be made available for other purposes also, is described on page 150.

During convalescence the return to solid food should be made most cautiously, especially after typhoid fever. Soft-boiled custards and eggs, wine jelly, raw oysters, ice cream, cornstarch puddings, Irish moss, *well-cooked* rice, tapioca

and sago, and baked apples are among the first foods to be thought of. The juice of rare beef steak can often be taken before the meat itself can be swallowed. Lamb and chicken are among the most digestible meats.

As a refreshing drink and a health-giving liquid food, Otis Clapp & Son's *Pure Grape Juice* (see p. 140) is highly recommended for invalids during convalescence, and in all chronic diseases except diabetes. But in whatever form nourishment is given, be sure that it is properly prepared, attractively served, and never allowed to remain in the sick room.

### Care of the Teeth.

The proper care of the teeth is of the greatest importance. Digestion begins in the mouth, and cannot there be properly performed unless the teeth are in a condition to do their part of the work effectively.

It is also unpardonable to subject others to the annoyance of an offensive breath, when the trouble is due to neglect, or when the cause can be easily ascertained and removed.

The teeth should be brushed night and morning, and after each meal, if possible, with a moderately stiff brush and warm water.

Some simple dentifrice which tends to cleanse the mouth, such as *Sapodone*, (see p. 161) can be used frequently, and tooth-powder, free from grit or other injurious substances, (see p. 161) can be used occasionally to remove tartar from the teeth.

If the teeth are decayed, consult a good dentist at once. Do not eat indigestible food. Do not use metal tooth-picks; if any are necessary, let them be of wood. Dental floss will answer every purpose. See also, "Offensive Breath," p. 77.

### Bathing.

Too much stress cannot be laid upon the necessity for keeping the pores of the skin in a condition to perform their function properly. Much waste matter is thus thrown off daily. Remember, too, that nothing physical is more conducive to right living and thinking than personal cleanliness.

At least one sponge bath daily is a necessity. If this is taken cold in the morning, a tepid or warm (not hot) tub bath at night cleanses the skin, as a cold bath does not. Avoid *frequent hot* tub baths; they are apt to be debilitating.

Follow every bath with brisk rubbing and friction, with a coarse towel, bath mittens or other aid. One of the best of these appliances is the Quilted Hair Flesh Brush (see p. 162), which is simple, durable, effective and inexpensive. Friction opens the pores, improves the circulation, and consequently increases one's power of resistance to sudden changes of temperature.

Women especially should heed these suggestions. No temporary indisposition should interfere with the daily care of the skin.



Children should be taught that the right care of their bodies is of as great importance as the right use of their faculties; the one tends to the other.

### Baths for the Sick.

#### TEMPERATURE OF BATHS.

Cold	.	.	.	.	33° to 65° F.
Cool	.	.	.	.	65° to 75° F.
Temperate	.	.	.	.	75° to 85° F.
Tepid	.	.	.	.	85° to 92° F.
Warm	.	.	.	.	92° to 98° F.
Hot	.	.	.	.	98° to 110° F.

In giving a bath always use a bath thermometer (see p. 150) to determine the temperature; your "feelings" are not to be depended upon. Immerse the bulb thoroughly, and allow it to remain in the water two or three minutes. Throughout the bath maintain the desired temperature by adding hot or cold water, or ice.

To the patient in bed a sponge bath is often very refreshing, soothing and beneficial. Learn to give it with neatness and dispatch. Have everything you require beside the bed before you begin. Keep the patient covered with a blanket. Avoid having your sponge *dripping* wet. Bathe a small portion of the body at a time, and complete the anterior surface before you oblige the patient to turn over. Change the water several times. After bathing and drying the back and limbs, rub the back, especially

where pressure comes, with equal parts of alcohol and water; dry *thoroughly* and dust on powdered starch.

When there is much fever, frequent sponging of the body with cold or cool water, for fifteen minutes at a time, reduces the temperature.

In giving a tub bath do not allow your patient to remain alone, or too long in the water.

For a foot bath, have the water as hot as it can be borne, and immerse the legs to the knees. Mixing a tablespoonful of mustard to a paste with a little water and adding it to the bath, increases the effect.

In giving a hip or sitz bath, the patient should be immersed in the water from the knees to the waist and covered with blankets. Time of bath, about twenty minutes.

To give a wet pack, cover the bed with three or four blankets. Spread upon these a sheet wrung out in cold or hot water, as ordered. Place the patient on the sheet, fold it over and about him, and also the blankets, tucking them in well. Keep the feet warm and the head cool. When he is taken from the pack, which should be in from thirty minutes to three hours, wipe the body dry and cover it with a warm, dry blanket. When the pack is to reduce temperature, the sheet should be renewed every fifteen minutes.

Sea-salt, in the proportion of one pound to four gallons of water, makes a stimulating and invigorating bath.

### Rectal Enemata.

In giving an ordinary enema with a bulb syringe to evacuate the bowels, let the patient lie on the left side with the knees drawn up.

Free the syringe from air, then gently insert the tube, which must first be oiled, and slowly inject from one to three pints of warm water. Soap may be added to the water if desired. The patient should endeavor to retain the enema ten or fifteen minutes.

A high enema,—*i. e.*, one where a foot or more of soft-rubber tubing is introduced,—is preferable, and should be given with a fountain syringe. In this way more water can generally be retained, and with better final results.

Always free the rectum from fæcal matter before introducing suppositories, or giving liquid food.

A nutritive enema should consist of peptonized milk, or the juice or prepared extract of beef. Not more than two ounces should be given at one time. A hard-rubber syringe (see p. 148) should be used, and the fluid thrown as high as possible. After use, a syringe must be carefully washed, wiped dry and hung up to drain. Never replace a syringe in its case while wet. If you do, it will soon crack or harden. If a hard-rubber syringe, long unused, dries and shrinks, soak it in hot water.

### Vaginal Douches.

Have everything needed at hand before you begin giving or taking a douche. Use a foun-

tain syringe (see p. 148). Before inserting the tube let the water run through it, to warm it and to expel the air.

It is generally advantageous to take from two to six quarts of water at a time, medicated or not, as directed. The temperature should be from 110° to 115° F. The patient should lie on her back with the hips slightly raised, and the tube held in position. A good douche pan, such as the Reynold's (see p. 149), will add to the patient's comfort, and render it possible to give the douche in the most effective way.

### Poultices.

A badly made poultice is frequently worse than none at all. In making a poultice of flax-seed meal, use *boiling* water. Stir in enough meal to make a mixture that will spread smoothly. Beat it as you would eggs, till it is light. It should never be hard and stiff. Spread quickly on thin cotton cloth or gauze, leaving a border of cloth to fold over the top. Apply as hot as it can be borne, and cover with oiled silk and flannel. *Renew it before it grows cold.* Beware of heavy, soggy, lukewarm poultices. Never endeavor to make any use of a poultice after its first application. Do not remove the first poultice until the second one is ready. In making a bread and milk poultice, stir bread crumbs into warm milk; stir and simmer them until a thickish paste of uniform consistency is formed. Spread on cloth and apply hot. After

a poultice has been omitted, a dry flannel may be used instead, for twenty-four hours or longer.

Mustard pastes should be prepared with warm,—never with hot water, and should be removed *as soon as the skin is well reddened*. A little cerate may then be applied, and a piece of soft cotton cloth placed over the affected part.

## PART II.

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### THERAPEUTICS.

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#### Accidents.

##### APPARENT DEATH FROM DROWNING.

Endeavor to restore respiration, circulation and warmth. Place the patient on his back, with the head and shoulders slightly raised and well supported. Free the mouth of mucus. Draw the tongue forward, and secure it by a string tied over the tongue and under the chin. Kneel at the patient's head and draw the arms outward, upward and backward, till they meet above the head; this expands the chest. Hold them in position two seconds. Now bend the arms at the elbows, carry them downward and inward, pressing them firmly against the chest for two seconds. Repeat this process until breathing is established, eighteen or twenty times a minute—*not oftener*.

Restore circulation and warmth by friction with the hands, flannel, etc., keeping the patient covered with blankets. Place hot bricks or hot water bottles at the feet, knees, and armpits, being *careful not to burn* the patient. As soon as he can swallow, give hot coffee, hot beef tea or brandy.

**APPARENT DEATH FROM POISONOUS GASES.**

*Treatment*.—Abundance of fresh air ; inhalations of *Ammonia* ; artificial respiration ; strong coffee internally ; cold water to the head, warmth to the feet, and friction externally.

**BROKEN BONES.**

Call a surgeon. In the meantime do not move the patient without some support for the broken bones. If a leg is thus injured apply a temporary splint, such as a board, umbrella or cane, secured with three or four handkerchiefs, or tie the broken leg to its fellow at the ankle and also above and below the knee. An arm can be placed in a temporary sling. For broken ribs fasten a broad bandage firmly about the chest. In case a fracture is accompanied by an injury to the soft parts, check bleeding as directed on pp. 102–103. Move the patient with great care.

**Abscess.**

*Belladonna*.—Surface bright red, swollen and tender to the touch ; the swelling develops rapidly. A dose every two hours.

*Mercurius Vivus*.—Follows *Belladonna* well after pus has formed, especially in glandular abscess with pain at night ; tumor hard, shining and red, with throbbing and stinging pains. A dose every three hours.

*Hepar Sulph*.—To hasten suppuration give a dose of the  $\text{I x}$  every hour.

*Silicea*.—Chronic abscess, or abscess of bone hard to heal ; thin, watery discharge. A dose three times a day.

*Sulphur*.—Profuse discharge ; emaciation ; tendency to recur ; especially useful for scrofulous patients. A dose three times a day.

## GENERAL DIRECTIONS.

If a splinter or other foreign body is present it should be removed. To relieve pain and assist in bringing the abscess to a head, apply a plaster of *Myro-petroleum album* (see p. 144), or use poultices of linseed meal applied as hot as can be borne, being careful not to include the surface *surrounding* the affected part.

## Affections of the Liver.

## CONGESTION OF THE LIVER.

*Podophyllum*.—Sensation of fullness in the right side; *acute pain in one spot*; diarrhoea and biliousness. A dose every three or four hours.

*Nux Vomica*.—From over-eating, or from stimulants, highly-seasoned or rich foods; shooting, pulsating pains and tenderness in the region of the liver; shortness of breath and constipation. A dose three times a day.

*Sulphur*.—Chronic cases; faint, weak spells, with flashes of heat; constipation or early morning diarrhoea. A dose night and morning.

## GENERAL DIRECTIONS.

Eat at regular intervals. Avoid tea, coffee, "hearty" food and stimulants. Consult an experienced physician.

## INFLAMMATION OF THE LIVER.

*Aconite*.—Violent, inflammatory fever, with unbearable, stitching pains in the region of the liver; nervousness, anxiety, and restlessness. A dose every one or two hours.

*Belladonna*.—Pressive pain and tension in the region of the liver; faintness; thirst; dimness of vision; nausea; retching; continued fever; head congested; moaning and starting in sleep. A dose every one or two hours.



*Mercurius Vivus*.—Fullness, soreness and swelling in the region of the liver; pricking, burning, pressive pains, worse on motion; clay-colored, or yellowish green stools; coated tongue; fetid breath; patient cannot lie on right side. A dose every two or three hours.

*Bryonia*.—Congested and inflamed liver; sharp, stitching pains under the shoulder-blade and in the right side, worse from motion; yellow-coated tongue; bitter taste; severe headache and constipation. A dose every two or three hours.

#### GENERAL DIRECTIONS.

This is not an affection suited to home treatment. Place the case in the hands of a physician. Make hot applications to relieve pain, or apply a plaster of *Myro-petroleum album* (see p. 144).

#### JAUNDICE.

*Aconite*.—Fever; stitches in liver; yellow skin; scanty, high-colored urine; tenderness in region of liver; mental distress. A dose every three hours.

*Mercurius Vivus*.—Skin of whole body very yellow; tongue thickly coated and flabby; nausea, vomiting, and loathing of food; local pain and tenderness. A dose every three or four hours.

*Chamomilla*.—Jaundice, especially in children; face and whites of the eyes yellow; green, watery diarrhoea, with colic; bitter taste and bitter vomiting; also, jaundice following a fit of temper. A dose every two or three hours.

*Cinchona*.—In malarial jaundice, or jaundice with debility after loss of vital fluids; liver swollen, hard and tender, with spasmodic, stitching pains; symptoms worse every other day. A dose every three hours.

*Chelidonium*.—Yellowness of eyes and skin; pain in liver and right shoulder; bitter taste; tongue clean; stool white; urine dark red; region of liver disturbed and painful. A dose every three hours.

#### GENERAL DIRECTIONS.

Hot applications to relieve pain; warm, comfortable clothing; light diet, including broths, oysters, fish, fresh vegetables and fruits. Drink plenty of water.

#### Asthma.

*Arsenicum*.—Attacks of suffocative breathing, with constriction of the chest, worse at night or while lying down; great anguish and restlessness; pale or bluish face; cold sweat; small, frequent pulse; great prostration. A dose every hour.

*Ipecac*.—Paroxysms of suffocation; tightness in throat and chest; coldness, paleness, anxiety; rattling of phlegm in windpipe; cough, causing gagging and vomiting. Give frequently during the attack, then every three hours.

*Nux Vomica*.—Simple spasmodic asthma, with coated tongue, indigestion, flatulence, constipation. Attack following a hearty meal. Give every hour.

*Aconite*.—Spasmodic and bronchitic asthma from cold, with difficult, labored breathing; great fear and anxiety of mind; suffocative cough, worse at night. Give every hour.

#### GENERAL REMARKS.

Keep the air of the room moist. Let the diet be plain, nourishing and digestible. Do not overload the stomach. Use no coffee. Take moderate exercise in the open air.

### Bed Sores.

In order to prevent bed sores, tuck the bottom sheet in tightly on all sides; keep it smooth and free from wrinkles and crumbs. Bathe the parts where pressure comes, with equal parts of alcohol and water. Do this night and morning; dry the skin thoroughly, and dust on a little powdered starch. If the surface shows much redness, or signs of breaking down, use *Calendulated Boric Acid* (see p. 157) instead of starch.

Remove pressure by frequently changing the patient's position. Rubber rings, and other air cushions and pillows (see p. 152) are valuable aids. Never permit a patient to lie on a feather bed if it can by any means be avoided.

### Bites and Stings of Insects.

*Ledum*.—A drop of the tincture in a teaspoonful of water every half hour or hour, internally.

#### GENERAL DIRECTIONS.

Remove the sting, if visible. Apply lint soaked in *Ledum* (see p. 146) or *Ammonia*. Wet fresh clay or earth and cover the surface with it if nothing else is at hand.

### Bleeding from the Lungs.

*Aconite*.—Blood red, frothy; face red; constant cough; pulse full; chest hot; mental anguish. A dose every fifteen or twenty minutes during the attack.

*Arnica*.—Hemorrhage from a fall, blow or severe exertion. Alternate with *Aconite* every fifteen or twenty minutes where there is hot, dry skin, flushed face and fever.

*Hamamelis*.—Profuse flow of dark blood coming into the mouth without effort, like a warm current. A dose every fifteen minutes during the attack.

*Phosphorus*.—Small quantities of blood coughed up frequently; dry, tight cough, hacking cough, with tight, oppressed feeling in chest. A dose every half hour to three or four hours.

*Cinchona*.—Periodical attacks, with great debility; shivering; dizziness; pulse weak; hands and feet cold. A dose every half hour to three or four hours.

### Bleeding from the Nose.

*Ferrum Phos.*—The principal remedy; should be given every fifteen or twenty minutes while bleeding continues.

*Aconite*.—Profuse and continued bleeding in full-blooded persons, or after getting over-heated, with full, rapid, bounding pulse and feverishness. A dose every fifteen or twenty minutes while bleeding continues.

*Arnica*.—If the bleeding is caused by violence, as a fall or blow. Dose, as for *Aconite*.

*China*.—Great exhaustion, paleness and faintness from loss of blood. A dose every hour or two; increase the interval as the patient improves.

*Pulsatilla*.—Nose bleed at monthly period instead of menstrual discharge. A dose every hour.

### GENERAL DIRECTIONS.

In an ordinary attack of bleeding from the nose, press upon the affected side, just below the bone, with the thumb nail. This treatment, continued for three or four minutes until a clot is formed, will often cause a cessation of the trouble; if not, a handkerchief wrung out in ice water may be applied over the bridge of the nose and forehead. Ice to the back of the neck is also useful. If bleeding is severe *Tannin* may be snuffed up into the nose, or a small pledget of

styptic cotton (see p. 156) may be inserted in each nostril. Avoid stimulating food or drink.

When bleeding from the nose occurs instead of menstruation, a physician should be immediately consulted. No woman should incur the danger of permanent injury to her health through any mistaken sense of modesty. There can be no reason at the present day, in our cities and large towns at least, why she should not consult some qualified physician of her own sex.

### Bleeding from the Stomach.

*Arnica* and *Aconite* in alternation, as directed under "Bleeding from the Lungs."

*Ipecac.*—Sudden attacks, with pale face; nausea; vomiting of blood; faintness; pulse feeble and vanishing. A dose every fifteen minutes during the attack.

*Hamamelis.*—Thin, dark blood; fullness and gurgling in the abdomen; blood in the vomitus and stools. A dose every fifteen minutes during the attack.

*Arsenicum.*—Excessive palpitation; distress and thirst; small, quick pulse; difficult breathing; chilliness; burning sensations in stomach. A dose every fifteen minutes during the attack.

#### GENERAL DIRECTIONS.

Call a competent physician. In bleeding, either from the stomach or lungs, keep the patient absolutely quiet and in a recumbent position, with the head and shoulders slightly elevated. Loosen the clothing. Have the room cool and airy; allow no talking, noise, or excitement of any kind. Let the patient hold bits of ice in his mouth.

In bleeding from the stomach let him swallow small pieces of ice; if you have no ice, give

frequent sips of very cold water or nearly boiling water. Do not give food or stimulants of any kind.

The first nourishment, after the attack is entirely over, must be some cool and unstimulating liquid, such as milk.

Do not be alarmed if the patient faints—it is nature's method of stopping the bleeding.

Blood from the lungs is generally bright-red and frothy, with air bubbles, and bleeding is usually accompanied by a cough; blood from the stomach is generally dark, vomited up, and often mixed with particles of food.

### Boils.

*Belladonna*.—If the boil is red and painful. *Bell.* will often prevent the formation of matter. A dose every two hours.

*Hepar Sulph.*—Pulsating pain indicating suppuration, which *Hepar* will hasten. A dose every two hours.

*Sulphur*.—To prevent a recurrence of the trouble. A dose night and morning.

### GENERAL DIRECTIONS.

The best treatment is to abort the boil by means of the knife and carbolic acid, care being used to protect the surrounding tissues. Consult a competent surgeon. In poulticing to bring a boil to a head, renew the applications as soon as they become cool.

### Bronchitis.

*Aconite*.—Early in the attack; chill; fever; rapid, full pulse; hot skin; short, hard, tickling cough. A dose every hour.

*Bryonia*.—Heat, soreness and pain behind the sternum (breast bone), with dry, irritative

cough; labored breathing and stitches in the chest. Ordinary "cold on the lungs." A dose every hour.

*Tartar Emetic.*—In the second stage, with much wheezing; rattling of mucus with the cough, *but nothing is raised*. A dose every one or two hours. Alternate with *Aconite* if there is *continuous* fever.

*Ipecac.*—Very useful for children when there is wheezing; much nausea and vomiting of mucus; rattling of mucus in the air passages; face pallid or bluish. Catarrhal bronchitis, with disturbances of the stomach and bowels. A dose every one or two hours.

#### GENERAL DIRECTIONS.

To relieve oppression and difficult breathing, apply a plaster of *Myro-petroleum album* (see p. 144) to the chest, or use poultices of linseed meal. Secure good ventilation, but keep the air *warm* and *moist*. Steam from a tea-kettle renders breathing easier. In acute bronchitis, milk, gruels, and barley water are excellent foods.

#### Chronic Bronchitis.

*Tartar Emetic.*—Especially for old people, with suffocative cough, and profuse secretion of mucus difficult to raise. A dose every three hours.

*Carbo Veg.*—Evening hoarseness, rawness and scraping in throat; oppressed breathing; rattling cough, with profuse, yellow, offensive expectoration. A dose every three hours.

*Kali Bich.*—Burning pain low down in throat, with expectoration of tough, stringy mucus. Give every two hours.

*Sulphur.*—Rheumatic or scrofulous subjects, with suffocative breathing and putrid expectoration. Give every three hours.

### Bruises.

Bathe the part with water as hot as it can be borne, then apply lint, or a pad of soft cotton cloth, soaked in *Arnica* and water (see p. 146), and cover with oiled silk; bandage lightly. Do not allow the dressing to become dry.

### Burning and Sweating of the Feet.

*Sulphur*.—Burning of the feet, followed by itching, worse at night; offensive foot sweats, with rawness between the toes. A dose every four hours.

*Silicea*.—Burning and soreness of the feet, with copious, fetid perspiration. A dose every four hours.

*Acidum Nitricum*.—Excessive perspiration, causing soreness of the toes, with sticking pains as if walking on pins. Every four hours.

#### GENERAL DIRECTIONS.

Change the stockings frequently. Bathe the feet night and morning in water, to which has been added *Antiseptic Spray* (see p. 158) in the proportion of one tablespoonful to a pint. Dry the feet thoroughly, and dust on Otis Clapp & Son's *Oleate of Zinc* (see p. 163).

### Bunions.

#### GENERAL DIRECTIONS.

Remove all pressure from the joint. Bathe the foot with warm water, and apply compresses, wet with one part of *Arnica* (see p. 146) to ten parts of water. *Hamamelis cerate* (see p. 143) may be used when it is necessary to omit the compresses.



### Burns and Scalds.

*Aconite*.—For fever, pain, and to lessen the reaction. A dose every hour.

*Hepar Sulph.*—When there is a tendency to suppuration, or when pus has formed. A dose every two hours.

#### GENERAL DIRECTIONS.

It is essential that the dressing applied should exclude the air and maintain the warmth of the part. *Myro-petroleum album cerate* (see p. 144) spread on cotton cloth, best answers this purpose, or a thick layer of *Carbolized Petrolatum* or *Oil* (purified petroleum), covered with absorbent cotton, may be applied. Equal parts of linseed oil and lime water can be used instead. Do not wait to obtain any special preparation; avail yourself of what you have. Various applications are suitable, such as olive oil, common cooking soda, flour, the whites of eggs, etc. Apply any of the above freely; cover with absorbent cotton or wadding, and bandage lightly.

Let the first dressing remain undisturbed as long as possible. If there is discharge or odor, renew it, dressing only a small portion at a time. In burns or scalds of the extremities, immersion in warm (not hot) water before applying any dressing, gives great relief.

If the burn is extensive, call a physician.

### Canker of the Mouth.

*Mercurius Cor.*—Many canker spots, tending to join each other; bad breath; feverishness; salivation. A dose every three hours.

*Carbo. Veg.*—When the use of mercury has caused salivation, and small, bleeding, burning, fetid ulcers. A dose every four hours.

*Calc. Carb.*—Canker sores during teething, with characteristic constitutional symptoms. A dose every four hours.

*Nux Vomica.*—Canker, with inflamed gums; bad breath; indigestion and constipation. A dose every four hours.

*Arsenicum.*—Low, obstinate form of canker, with great prostration. A dose every six hours.

#### GENERAL DIRECTIONS.

Rinse the mouth frequently with *Antiseptic Spray* (see p. 158). Powdered alum or sub-nitrate of bismuth, applied locally, often give good results. Avoid highly spiced or salt foods, or stimulants; eat fresh vegetables and fruit; exercise in the open air; bathe frequently; secure good ventilation.

#### Carbuncles.

*Belladonna.*—Smooth, bright red swelling; tense skin. A dose every two hours.

*Arsenicum.*—Malignant carbuncles; cutting, burning pains, worse after midnight; relieved by heat; great prostration. A dose every two hours.

*Bryonia.*—"Hastens suppuration, reducing the period many days."—*Jahr.* A dose every two hours.

*Crotalus.*—The affected part is bluish, and often surrounded by many small pimples; the skin is very sensitive, with burning, throbbing pains. Carbuncles which slough and are very offensive. A dose every four hours.

*Silicea.*—After suppuration, to check excessive ulceration and to promote healing. A dose three times a day.

#### GENERAL REMARKS.

A carbuncle is a large, malignant boil, usually with several heads, and, like boils, indicates a

low state of the system. It can be successfully aborted when just commencing, by injecting into it a few drops of pure carbolic acid, care being taken to protect the surrounding tissues. The patient will, however, best consider his own interests by consulting a competent surgeon. Take plenty of simple, nourishing food,—eggs, milk, etc. Avoid spices or stimulants.

### Chafing of Infants.

*Chamomilla*.—Chafing between the nates, with much general and local irritation. A dose twice a day.

#### GENERAL DIRECTIONS.

Keep the parts *clean* and *dry*. After bathing and drying thoroughly, dust the surface with rice flour, powdered starch, or *Calendulated Boric Acid* (see p. 157). The latter preparation should be preferred, especially if the skin is broken, as it allays the itching and promotes healing. If an ointment is desired use *Oxide of Zinc cerate*.

### Chapped Hands.

Wash the hands thoroughly and when partially dried apply *Elm Lotion* (see p. 161). Rub it in thoroughly; it softens and whitens the skin, and is especially useful after exposure to wind or sun.

### Chicken Pox.

Chicken Pox has chills, more or less fever, loss of appetite, and nausea; an eruption, which appears on the body first and within twenty-four hours. The little vesicles fill with water and in a few days dry up and leave no trace.

*Aconite*.—During the chill, heat, thirst and restlessness. A dose every hour.

*Belladonna*.—Headache, sleeplessness, eyes very bright and face much flushed. A dose every hour.

*Rhus Tox*.—If the eruption is extensive, with much itching and burning. A dose every hour.

#### GENERAL DIRECTIONS.

Keep the child warm in bed. The diet should be light, and liquid during the fever; the room warm and well-ventilated—no draughts. Give the patient a warm sponge bath every day.

#### Chilblains.

*Arnica*.—Hard, shining, unbroken skin; pain and itching of the parts. A dose every two hours.

*Belladonna*.—Inflammation, skin bright-red; throbbing pains; swelling. A dose every two hours.

*Arsenicum*.—Burning, stinging pain, with ulceration. Lack of vitality. A dose every three hours.

*Sulphur*.—Chronic cases; much itching, worse from warmth; the affected part a bluish-red. A dose three times a day.

#### GENERAL DIRECTIONS.

Rub the affected part with *Plantago Oil* (see p. 145). Avoid extremes of heat and cold; keep away from the fire; wear comfortable boots; when bathing, rub the body vigorously; eat plenty of nourishing food, avoiding stimulants.

#### Chills and Fever.

*Cinchona*.—Recent cases in marshy districts. Paroxysm preceded by headache, hunger and palpitation. Each stage well marked; first,

severe chill, with violent shivering and aching pains, then fever, no thirst; followed by sweat, often profuse, and marked thirst; yellow, sallow face. Attack occurs every second day. A dose every hour.

*Arsenicum*.—After excessive use of *Quinine*, or in chronic cases with one stage absent, usually the chill, or with the chill and fever intermingled; urgent thirst throughout; pulse small and feeble; prostration, nausea, pains in the stomach and bowels; dropsical swellings. A dose every two hours.

*Ipecac*.—Backache; short chill; long fever; *nausea and vomiting predominate*; tongue coated yellow; difficult breathing. A dose every two hours.

*Nux Vomica*.—Chills, long-lasting and hard; severe fever; profuse perspiration; much gastric and bilious disturbance, with both chill and fever; pain in the head, back and legs. Alternate with *Ipecac*. in cases not well defined, in non-malarial districts.

#### GENERAL REMARKS.

Give *Aconite* during the attack, to lessen its severity. Apply artificial heat during the chill; cooling drinks during the hot stage, and warm, dry clothing after the sweat. The patient should sleep in an upper room; avoid night-air and over-exertion, and take light, nourishing food.

#### Cholera and Cholera Morbus.

*Camphor*.—Body, tongue, nose and ears cold as ice; long-lasting chills; extremities cold and blue; severe cramps; eyes sunken; voice husky; great prostration; watery diarrhoea, sometimes slight. Use *Camphor Tablets* (see p. 133), one every fifteen minutes until a reaction is obtained.

*Verat. Alb.*—Excessive vomiting and purging, with violent abdominal pains; eyes sunken, with blue rings about them; repeated and violent vomiting, with copious rice-water evacuations; violent colic, especially about the navel. A dose every fifteen minutes.

*Arsenicum.*—Sudden and great prostration; anguish; violent thirst, with vomiting of least quantity of liquid; difficult breathing; burning in stomach; pulse small and vanishing. A dose every fifteen minutes.

*Cuprum.*—Coldness and blueness of the skin; cramps of the muscles of the legs and thighs; unconsciousness; gurgling in throat, stomach and bowels; cessation of diarrhoea. A dose every fifteen minutes.

#### GENERAL DIRECTIONS.

Apply heat, *i. e.*, hot flannels, hot water bags, hot bricks or flatirons rolled in flannel, friction, etc. Have the room warm, but well ventilated; use the remedy indicated and send for a reliable physician.

#### PRECAUTIONS.

Avoid night air, getting wet, indigestible food, unripe fruits, stimulants or sleeping in rooms on the ground floor. Boil drinking water; wear a strip of flannel about the abdomen; use disinfectants freely; *be cheerful*; pay proper attention to even a slight attack of diarrhoea.

#### Cholera Infantum.

*Veratrum Alb.*—Vomiting and purging, especially the latter, followed by *great prostration*; *cold sweat on the forehead*; severe colic, stools profuse and watery. A dose every hour.

*Ipecac.*—Copious, watery, green stools of blood and mucus, with *constant nausea*, vomiting and colic. A dose every hour.

*Arsenicum.*—*Extreme restlessness, unquenchable thirst for small quantities of water*; great prostration; stools dark, watery, offensive, worse after eating or drinking and after midnight; extremities cold; face pale. A dose every hour.

*Podophyllum.*—Stools profuse, *painless*, watery with meal-like sediment; gagging and retching without vomiting. A dose every hour.

*Calcarea Carb.*—Craving for eggs; milk disagrees and is vomited in sour curds; profuse, *painless*, sour stools; child smells sour; head sweats during sleep; face old-looking and wrinkled; emaciation. A dose every two hours.

#### GENERAL DIRECTIONS.

Keep the child where it is cool and shady. See that he has plenty of fresh air; frequent, cool sponge baths, etc., fresh, pure milk diluted with barley water. Sterilized milk is excellent and can be easily prepared by testing the degree of heat with a thermometer (see p. 150). Keep the bottle *clean*. Feed the child regularly and in small quantities. (See, also, *Sterilizers*, p. 165.)

#### Cold in the Chest.

*Aconite.*—Burning, pressive pains in the chest; rapid, full, bounding pulse; short, dry, hard cough; restlessness and fever. A dose every hour.

*Byonia.*—Breathing hurried and difficult, with dry, violent cough and stitches in the chest. A dose every two hours.

*Phosphorus.*—Dry cough from tickling in the throat; pains in the chest; hoarseness or loss of voice. A dose every two hours.

*Tartar Emetic.*—In the second stage, with wheezing, much difficulty in breathing; loose, rattling cough; paroxysms of coughing with difficult expectoration. A dose every two hours.

*Kali Bich.*—Expectoration of tough, stringy, sticky mucus; loose cough; burning pains in the wind-pipe. A dose every three hours.

GENERAL DIRECTIONS.

Remain in the house and preferably in bed. Avoid draughts and going from a warm to a cold room. Apply a plaster of *Myro-petroleum album* (see p. 144) to the chest if there is much oppression and feeling of tightness. The diet should be liquid while fever continues, and nourishing and digestible during all stages.

Cold in the Head.

*Camphor.*—Chilly, shivering sensations. One tablet every fifteen minutes for an hour or two (see p. 133) will often prevent further development.

*Aconite.*—Chilliness and feverishness following each other quickly. A dose every hour.

*Arsenicum Iod.*—Thin, constantly running, watery, acrid discharge from the nose, with frequent sneezing; lassitude. A dose every two hours.

*Mercurius Vivus.*—Copious discharge of *thick mucus* from the nose; frequent sneezing, nose sore; perspiration; salivation; catarrhal headache. A dose every two hours.

*Nux Vomica.*—Nose stopped up at night; feels stopped up in day time, but there is a constant running of mucus, with heat and heaviness of the head and pressive headaches between the eyes. A dose every hour or two.

*Pulsatilla.*—Thick, copious, disagreeable, greenish-yellow discharge; loss of smell and taste. A dose every two hours.

GENERAL DIRECTIONS.

Stay in the house if possible; avoid draughts; eat an abundance of nourishing, digestible food. Attend to a cold in the beginning; if neglected it may become serious.



**Colic.**

*Colocynth.*—Marked nervous symptoms, violent, agonizing *cramp-like pain, bending body double*; great restlessness and moaning. A dose every half hour.

*Chamomilla.*—Especially useful for children. Colic, with flatulence; passing wind does not relieve; distended abdomen; tearing, drawing pains; bilious diarrhoea. A dose every hour.

*Nux Vomica.*—Flatulent colic from indigestion, with desire for stool, and a feeling of a band about the abdomen. A dose every hour.

*Bryonia.*—Bilious colic with bilious diarrhoea in hot weather and after taking cold. A dose every hour.

*Pulsatilla.*—Shooting, pinching, griping pains; bilious, green diarrhoea at night; pale face, sunken eyes. Colic from eating rich food, pork, pastry, ice cream, etc. A dose every hour.

**GENERAL REMARKS.**

If the stomach contains a large quantity of indigestible food, provoke vomiting by giving warm water and mustard, or tickling the back of the throat. Drinking a large quantity of hot water often relieves. A *copious* injection of warm water is very effective. Make hot applications to the abdomen.

**LEAD COLIC.**

*Opium.*—Abdomen hollowed in; pulse full and slow; obstinate constipation. A dose every hour.

**GENERAL REMARKS.**

For an acute attack use copious, warm injections and warm baths. Drink plenty of milk and large quantities of soft water.

**WORM COLIC.**

See *Worms* (p. 101).

### Constipation.

*Nux Vomica*.—Ineffectual urging to stool; irregular action of the bowels, incomplete movements; constipation caused by purgatives, liquors, highly spiced food, or by a sedentary life. A dose morning, noon and night.

*Bryonia*.—Hard, large, dry, brown stools; chilliness; pain about the liver; rheumatic tendency; headache. A dose morning and night.

*Sulphur*.—Ineffectual urging to stool; feeling of heat, fullness and discomfort in the rectum; hard, knotty stools, with protrusion of rectum; constipation alternating with diarrhœa. A dose night and morning.

*Opium*.—Complete inaction of the bowels; stools of round, black balls; headache, dizziness and drowsiness. A dose night and morning.

*Lycopodium*.—Ineffectual urging to stool; stools hard, scanty and passed with great difficulty accompanied by contraction and protrusion of the rectum. Give night and morning.

#### GENERAL REMARKS.

Constipation is often associated with piles (see p. 79). Do not use purgatives. Eat coarse bread, fresh meats, ripe juicy fruits and vegetables. Drink a glass of water or eat an orange before breakfast. Be regular in attending to nature's calls; exercise sufficiently; keep the skin clean. *Glycerine suppositories* are often very useful when there is torpidity of the rectum; for directions see p. 142.

### Convulsions.

*Belladonna*.—Convulsions during dentition or from suppressed eruptions; face hot, flushed or bright red; throbbing of arteries; child sud-

denly stiffens out, foams at the mouth ; between the spasms, starts, jerks and moans in sleep. A dose every half hour.

*Chamomilla*.—Extreme sensitiveness, great irritability ; one cheek red, the other pale ; restlessness and moaning, twitching of the muscles of the face. A dose every half hour.

*Opium*.—Convulsions from fright, followed by labored breathing ; stupor, face dark red ; pupils dilated. A dose every hour.

*Ignatia*.—Spasms, in very sensitive, nervous children, from great emotion, as after punishment, disappointment, etc. A dose every two hours.

*Cina*.—Convulsions from worms. A dose every hour.

#### GENERAL DIRECTIONS.

Place the child at once in a warm bath (94°) ; apply a sponge wrung out in cool water, to the head. Time of bath, 10 or 15 minutes, unless the child is much reduced by an exhausting diarrhoea ; in such cases, 3 or 4 minutes will be sufficient. By the aid of a bath thermometer (see p.150), and the addition of hot water, the proper temperature can easily be maintained. Place the child in a warm bed after the bath.

#### Corns.

Touch soft corns with a little tincture of *Iodine*, then apply *Calendula cerate* (see p. 143.) A little absorbent cotton placed between the toes will prevent pressure on the corn.

For hard corns use *Dr. Whelpley's Corn Cure*, prepared by Otis Clapp & Son (see p. 159). Apply as directed, at night, after bathing the feet. An arnicated corn-plaster is often useful for hard corns, to relieve pressure.

## GENERAL DIRECTIONS.

It should be needless to say, wash the feet at least once a day; change the stockings frequently; wear comfortable boots, and, if possible, change often from one pair to another.

**Cough.**

A cough is rather a symptom than a disease. In selecting a remedy consider the general condition of the patient, and the cause of the trouble, which must be removed if possible. See also, the articles on "Asthma," "Cold in the Chest," "Croup," "Hooping Cough," and "Influenza."

*Aconite*.—Short, dry, hard cough, with tickling in the throat, and fever. A dose every two hours.

*Bryonia*.—Hard, dry, shaking cough, with pain in the side, chest and head. A dose every two hours.

*Phosphorus*.—Dry cough which seems to come from the chest, with tickling low down in the throat, and hoarseness; also, frequent, dry, hacking cough in people with weak lungs. A dose every two hours.

*Belladonna*.—Nervous or spasmodic cough, worse at night, with or without sore throat; flushed face and headache; throat feels as if there were dust in it. A dose every two hours.

*Kali Bich*.—Loose cough, with *tough, stringy* expectoration, preceded by wheezing and accompanied by difficult breathing. A dose every two or three hours.

*Hepar Sulph.* —Croupy, choking, rattling cough, with rattling of phlegm in the throat, worse after midnight. A dose every two or three hours.

*Spongia*.—Dry, hoarse, barking cough, with pain in the throat, worse at night; sometimes loss of voice. A dose every two or three hours.

*Nitric Acid*.—Chronic, dry cough, with sticking pains, stinging and smarting in the throat as if a small ulcer were present, often on the left side; hoarseness and loss of voice. A dose every four hours.

#### GENERAL DIRECTIONS.

A cold compress about the throat often relieves a simple cough. Drinks of gum arabic, barley, flaxseed with a little lemon juice added, are frequently very soothing. Take daily cold sponge baths; they overcome a tendency to colds.

#### Cramps in the Legs.

*Cuprum*.—Nervous contractions of the muscles upon going to bed. A dose night and morning.

*Nux Vomica*.—Cramps accompanying indigestion. A dose three times a day.

#### GENERAL DIRECTIONS.

Press the foot firmly against some hard substance, such as the floor, wall, or bedstead. Rubbing the legs with *Spirits of Camphor* often gives relief.

#### Croup.

##### SPASMODIC OR FALSE CROUP.

False croup differs from true croup in lacking the marked inflammatory conditions which characterize the latter. The spasmodic form is more alarming to the observer than dangerous to the sufferer. There is generally little or no warning, the attack being sudden, and severe while it lasts. The symptoms are: Starting from sleep, in sudden distress for breath;

spasmodic contraction of the glottis, causing partial suffocation; hoarseness of the voice; harsh, ringing, barking cough. Spasmodic croup often becomes catarrhal.

*Aconite*.—Attack excited by cold, dry air; spasm of the larynx (wind pipe) and suffocative breathing; short, dry, hard, metallic cough. A dose every fifteen minutes during the attack, then every one or two hours.

*Spongia*.—Rough, crowing, barking cough; wheezing, whistling respiration; great difficulty in breathing. May be alternated with *Aconite*.

*Hepar Sulph*.—Loose, rattling, choking cough indicating more of a catarrhal form; difficult breathing, partly on account of an increased secretion of mucus. A dose every half hour to one or two hours.

*Ipecac*.—Convulsive evening cough; free secretion of mucus in the bronchial tubes, threatening suffocation. A drop of the tincture every half hour to every one or two hours.

#### GENERAL DIRECTIONS.

Call a competent physician. Make hot applications to the throat. Keep the temperature of the room at from 75° to 80°. The air should be *fresh* and *moist*.

#### MEMBRANOUS OR TRUE CROUP.

In true croup there is more or less fever; a peculiar, hoarse, ringing cough; wheezing, whistling respiration; rattling of mucus; great difficulty in breathing; partial suffocation; redness of the face, followed by lividity or pallor. Patches of membrane form on the walls of the larynx, or upper part of the windpipe. True croup is a dangerous affection, and an experienced physician should be summoned immediately.

*Kali Bich*.—Constant, hoarse, dry, barking cough; tonsils and larynx red and swollen, with

patches of thick, tenacious membrane. A dose every half hour.

*Bromine*.—Extensive patches of membrane; great prostration; child gasps for air; rattling of mucus in the wind-pipe when coughing. A dose every fifteen minutes, to every one or two hours.

#### GENERAL DIRECTIONS.

Call a competent physician. Apply cloths to the patient's throat, wrung out in very hot water; renew frequently. A hot foot-bath is excellent. Inhalations of steam from a tea-kettle or steam atomizer are of great value. Add one part of *Antiseptic Spray* (see p. 158) to ten parts water. Keep the temperature of the room at from 75° to 80°. The air should be *moist* and *fresh*. Pans of boiling water should be kept on the stove or grate, or set on the radiator, or over the gas. The food should be liquid and nourishing—milk, egg noggs, wine whey, broths, beef tea and juice, and coffee and egg.

#### Dandruff.

Rub the scalp thoroughly, every other day, with *Antiseptic Spray* (see p. 158), one part to four or five parts of water.

#### Deafness.

*Mercurius Vivus*.—Catarrhal deafness, caused by a cold or chill. A dose every four hours.

*Pulsatilla*.—Deafness, with much pain in the ears. A dose every four hours. See articles on "Ear Ache," and "Discharge from the Ears." (pp. 49, 54.)

*Nux Vomica*.—Buzzing, tingling or whistling noises in the ears, especially while eating, with indigestion. A dose every four hours.

## GENERAL DIRECTIONS.

Keep the ear warm with flannel, or a pad of absorbent cotton. Except in simple acute cases, home treatment should not be relied upon. Beware of interfering locally. So delicate an organ as the ear is easily injured. If deafness is caused by the pressure of wax, have it removed by skillful hands.

## Dentition.

*Aconite*.—Feverishness, heat, redness, pain, restlessness, swollen gums. A dose every one or two hours.

*Chamomilla*.—Fretfulness; child wants to be carried about constantly; nothing pleases; diarrhoea, with loose *green* or *frothy* stools. A dose every one or two hours.

*Belladonna*.—Face red, eyes bright, child excited, nervous; convulsive movements and moaning in sleep; wakes with a start. A dose every two hours.

*Calc. Carb.*—A valuable remedy in cases of slow or late dentition, with looseness of bowels, weakness and emaciation; sour smell; milk disagrees. A dose every two hours.

*Silicea*.—Tardy teething in rickety children; teeth seem ready to come through, but don't. A dose every three hours.

## GENERAL DIRECTIONS.

The cutting of the first or temporary set of teeth is usually accompanied with more or less fever, irritability, restlessness and other signs of constitutional disturbance, especially during the summer months. Watch the child carefully. Be sure it has sufficient fresh air, both *in* and out of doors. Bathe the whole body at least twice daily, with cold or tepid water. Feed regularly. Use pure milk and have the bottle



sweet and clean. The milk can be easily sterilized by subjecting it to the proper degree of heat. You cannot tell when this is reached or exceeded without a thermometer. Get one that can also be used to determine the warmth of the child's bath. (See Thermometers, p. 150.) Very perfect appliances are now provided, at a small cost, for rendering milk free from germs. They are easily managed, and are very reliable as to results. (See Sterilizers, p. 165.)

### Diarrhœa.

*Ferrum Phos.*—Chronic, watery diarrhœa; stools copious, frequent, undigested, and accompanied by vomiting. A dose every hour.

*China.*—Painless, watery, sour diarrhœa, or stools containing undigested food; evacuations mostly at night. A dose every hour.

*Arsenicum.*—Small, watery, fetid, mucous or bloody discharges, with much *burning in the rectum*, great restlessness and *prostration*. A dose every hour.

*Chamomilla.*—Very useful for children, especially during teething; yellowish, greenish, watery stools, with colic; stools smell like rotten eggs. A dose every two hours.

*Podophyllum.*—Diarrhœa during teething; early morning diarrhœa, frequent, painless, profuse, yellow, watery stools, preceded by retching and vomiting. Protrusion of rectum during stool. A dose every two hours.

*Aloes.*—Involuntary, bloody, jelly-like, mucous stools, preceded by pain and rumbling in bowels; morning diarrhœa, followed by great weakness. A dose every two hours.

*Merc. Cor.*—Stools slimy, bloody or black, with great urging and straining—a “never get done” feeling; cutting, pinching pains; colic before stool. A dose every hour.

*Verat. Alb.*—Violent, painful, watery, copious discharges, with profuse perspiration, followed by great prostration. A dose every hour.

*Ipecac.*—Greenish, mucous, *yeasty* stools, with colic and *constant nausea*. A dose every hour.

*Antimonium Crud.*—Marked stomach symptoms; indigestion, white-coated tongue; constipation, then diarrhœa. A dose every two hours.

#### GENERAL DIRECTIONS.

In acute attacks the diet should be milk and lime-water, barley-water, gruels, whey, and a *gradual* return to a solid diet, beginning with soft custards, soft-boiled eggs, rice, etc. In chronic diarrhœa milk, mutton, soft eggs, oysters and other *easily* digested foods should be used. Stay in bed; secure warmth and good ventilation; look to the drainage. See, also, the article on "Dysentery," p. 53.

#### Diphtheria.

Diphtheria may be recognized by the sudden formation of grayish-white patches of membrane extending rapidly, joining each other, and accompanied by a pronounced, fetid, sickening odor of the breath, and great prostration, out of proportion to the time the patient has been ill. With such symptoms present, call a good homœopathic physician immediately, and do not fail to carry out to the letter his or her slightest order.

#### IN THE MEAN TIME.

*Bell.*—Great dryness and redness of the throat; high fever, tonsils red and swollen, swallowing difficult. Useful in the beginning only. A dose every hour.

*Kali Bich.*—Wheezing, croupy cough; nausea; dirty-yellow, tough, stringy, mucous exuda-

tion in throat; yellow, acid discharge from the nose. A dose every hour.

*Apis*.—Great prostration from the beginning; throat and tonsils grayish or purplish and greatly swollen, have a varnished appearance; burning, stinging pains extending to the ears. A dose every hour.

*Merc. Cyanide*.—*Malignant diphtheria*; putrid sore throat; dark-gray, thick, putrid, rapidly extending exudation; invading the nostrils. A dose every hour.

#### GENERAL DIRECTIONS.

Gargle the throat with alcohol, one part to three parts of water, or, if possible, Otis Clapp & Son's *Antiseptic Spray* (see p. 158), one part to four parts water, which should also be used in an atomizer to spray the throat every two hours. Give the patient an abundance of milk, beef tea, egg nogg, coffee and egg, ice cream, etc. *Nourishment is of the greatest importance.* Use pieces of old cloth for the expectorations, and burn them as soon as used. Use disinfectants freely. Isolate the patient; secure good ventilation; get a first-class trained nurse if possible.

#### Discharge from the Ears.

*Pulsatilla*.—Slight discharge of pus, with partial deafness, in non-scrofulous children. A dose three times a day.

*Mercurius*.—Thick, bloody or offensive discharge, with *swelling and tenderness of the glands about the ear*, and tearing pains in the side of the head and face; discharge following scarletina or measles. A dose three times a day.

*Calcarea Carb.*—Tedious cases in scrofulous children. A dose three times a day.

*Silicea*.—Chronic, slow, painful suppuration in the ear, affecting the bones. A dose three times a day.

GENERAL DIRECTIONS.

Consult a physician, preferably a skillful specialist. Cleanse the ear gently with a bit of absorbent cotton on a wooden tooth-pick, and apply about six grains of pulverized *Boracic Acid*. A small piece of absorbent cotton should be inserted in the ear upon going out of doors. Local treatment should be given, under the direction of a physician.

Diseases of Women.

In selecting the appropriate remedy, consult all the articles under this heading.

MENSTRUATION TOO SOON AND TOO PROFUSE.

*Calcarea Carb.*—Too early and too profuse, with much debility and imperfect nutrition. A dose every two or three hours.

*Nux Vomica*.—Too soon, too long and too profuse; stops for a day or two, then returns; irritability; sedentary habits. A dose every two or three hours.

*Belladonna*.—Much congestion; blood bright red; pressive pains in abdomen; face flushed and bloated. A dose every two or three hours.

*China*.—Excessive flow, followed by much exhaustion, headache and ringing in the ears. A dose every two or three hours.

GENERAL DIRECTIONS.

Fresh air in the house, as well as moderate daily exercise out of doors; regular hours and habits. Sleep on a good firm mattress, with light coverings; take plenty of digestible, nourishing food and daily cold salt-water baths.

**MENSTRUATION PAINFUL.**

*Cimicifuga*.—Severe pain in back and thighs and through hips; bearing-down pains and cramps in the abdomen; neuralgic pains and tenderness. A dose every hour.

*Chamomilla*.—Pressure in uterus, like labor pains; discharge dark and clotted; tearing pains; frequent desire to urinate; excessive irritability. A dose every hour.

*Viburnum*.—Spasmodic flow; violent, excruciating, colicky pains, coming on suddenly and lasting for hours before the flow is established. A dose every hour.

*Pulsatilla*.—Flow scanty, delayed, with much pain and chilliness; blood dark and clotted. A dose every hour.

**GENERAL DIRECTIONS.**

Hot applications to the abdomen, and warm drinks. Remain in bed if possible. Use the indicated remedy twice daily, at least, a week before the menses are due. During a painful period the frequency of the dose may be increased to every half hour. Avoid late hours; violent exercise; tight or insufficient clothing, or getting the feet *damp* or wet. Be temperate in your passions and habits. Eat nourishing food; bathe daily; take moderate exercise; secure good ventilation.

**MENSTRUATION SCANTY AND DELAYED.**

*Pulsatilla*.—Delayed, suppressed or scanty; hysterical symptoms; nausea and vomiting; palpitation of the heart; loss of appetite; lassitude, chilliness, headache; pain in abdomen or loins. A dose every two hours.

*Cimicifuga*.—Headache, nervousness, sometimes hysteria; pain in left breast and side; rheumatic tendency. A dose every two hours.

*Aconite*.—Sudden suppression, from taking cold; congestion of the head or chest, especially in full-blooded young women. A dose every two hours.

*Bryonia*.—Bleeding from the nose instead of menstrual discharge; dry, shaking cough; oppression of chest; heaviness or pressure in head. A dose every two hours.

*Graphites*.—Menses delayed, scanty, painful; constipation; tendency to skin diseases; fleshy women. A dose every two or three hours.

#### GENERAL DIRECTIONS.

Follow the suggestions under "Painful Menstruation." Use warm foot baths, followed by vigorous rubbing. Except in simple and recent cases of menstrual disturbance, home treatment should not be relied upon.

#### LEUCORRHOEA.

*Pulsatilla*.—Thick, white or creamy discharge; recent catarrhal cases; nausea, indigestion, chilliness; menses irregular. A dose twice a day.

*Calcarea Carb.*—Profuse, milk-like or yellowish discharge; menses too early and too profuse; scrofulous or debilitated women, very sensitive to cold, with constantly cold, damp feet. A dose twice a day.

*Sepia*.—Discharge variable—sometimes bland, sometimes acrid and offensive. Leucorrhœa at puberty, during pregnancy and at change of life. A dose twice a day.

#### GENERAL DIRECTIONS.

Douche the vagina daily with one quart of hot water, to which has been added a tablespoonful of *Calendulated Boric Acid* (see p. 157). A fountain syringe is a great convenience, and every household should have one (see p. 148). Let the diet be simple and unstimulating.

## CHANGE OF LIFE.

*Cimicifuga*.—Pain in left side; neuralgic pains in abdomen; cramps in legs; irritability; pres-sive pain in top of head; faint feeling in stomach. A dose three times a day.

*Crotalus*.—Hot "flushes;" burning in top of head; faintness; pressure of the clothing in-tolerable; pain in the back. A dose twice a day.

*Sepia*.—Sudden, hot flushes, with momentary perspiration; weakness and marked tendency to faint. A dose three times a day.

## GENERAL DIRECTIONS.

Frequent warm baths. Consult a competent physician.

## Dysentery.

*Aconite*.—*Early* in the attack; fever, restlessness, scanty, bloody, slimy stools, with urging. Diarrhoea in the autumn. A dose every hour.

*Merc. Cor.*—Much urging to stool; scanty, bloody, mucous discharges, with burning in the rectum; cutting, colicky pains; severe tenesmus. A dose every hour.

*Colocynth*.—May be alternated with *Merc. Cor.* when the colicky pains are very severe, doubling the patient up.

*Belladonna*.—Violent fever; retention of urine; nausea; vomiting; scanty, bloody, slimy stools, with urging and straining; spasmodic, clutching pains; marked stomach symptoms; abdomen distended, hot and painful. A dose every hour.

*Cantharis*.—Blood streaked, mucous stools like *scrapings of the bowels*; cutting and burning in anus; straining in bladder as well as in bowels. A dose every hour.

*Aloes*.—Loud gurgling in abdomen; fullness and weight before stool, faintness after stool;

bloody, *jelly-like* mucous discharges. A dose every hour.

*Capsicum*.—Small, frequent, slimy, blood-streaked stools; cutting colic; burning and straining; thirst, but drinking causes shivering. A dose every hour.

*Nux Vom*.—Frequent, small evacuations, with violent straining; back feels as if broken; heat, thirst and red face; pain and straining *cease with the evacuation*. A dose every hour.

#### GENERAL DIRECTIONS.

Absolute rest in bed; use the bed-pan; keep a little disinfectant in it (see p. 158); change sheets and clothing frequently. Give the patient a four-quart injection of hot water (temp. about 110°); use a *fountain, not a bulb* syringe, and insert merely the soft-rubber tubing, carrying it up gently, as far as possible, say a foot or two. Keep the patient warm; put on a flannel binder; use hot, moist applications, or a *partly filled* hot-water bag (see p. 151). Diet—hot milk, hot, thin gruels of rice, arrowroot, corn-starch, etc. Send for an experienced physician.

#### Earache.

*Aconite*.—Recent inflammation, from cold or cold winds; ear hot, painful, and sensitive to touch. A dose every half hour.

*Belladonna*.—Severe, boring, or sudden shooting pains in the ears, darting from one ear to the other. A dose every half hour.

*Chamomilla*.—Stabbing, cutting, unbearable pains, especially in nervous children; child very fretful, must be carried all the time. A dose every half hour.

*Pulsatilla*.—Sharp, tearing, *pulsating* pains, worse at night, in paroxysms, increasing in severity. A dose every half hour.



## GENERAL DIRECTIONS.

Locally, use one part of tincture of *Aconite* and one part of *Laudanum* to two parts *sweet oil*. Put in a teaspoon, previously dipped in boiling water to heat the mixture, and drop two or three drops into the ear, or the same quantity on a small piece of absorbent cotton can be gently inserted in the ear. Keep the affected part warm. A small rubber bag which can be filled with hot water, and which fits over the ear, is admirably adapted for the application of dry heat. (See Sprague hot-water bag, p. 152.)

**Erysipelas.**

*Aconite*.—During the fever, before the rash forms. A dose every hour.

*Belladonna*.—Smooth, *shining*, *bright-red* skin; congestion of the head; *intense fever* and brain symptoms. Alternate with *Aconite* during high fever.

*Apis*.—Burning, stinging pain; puffy swelling; skin pale; throat dry. Erysipelas of the face extending to the throat. A dose every two hours.

*Rhus Tox*.—Watery blisters (vesicles) on face or body, with dark, bluish-redness of the affected part, with burning and itching. A dose every two hours.

## GENERAL DIRECTIONS.

To allay heat and pain, powder the parts with flour or starch. Secure pure air. Let the diet be light and nourishing—milk, broths, and egg noggs; cool drinks for thirst.

**Fainting.**

Place the patient in a recumbent position, so that the head is slightly lower than the body; loosen the clothing about the neck and chest;

sprinkle the face with cold water, or, hold *Ammonia* to the nostrils for a few seconds.

### False Pleurisy.

*Cimicifuga*.—Neuralgic pains in the left side, just below the breast, accompanied by some affection of the uterus. A dose every three hours.

*Bryonia*.—Sharp, stitching, muscular pains, worse on motion or touch; catching or painful breathing; rheumatic tendency. A dose every three hours.

*Arnica*.—Shooting pains, or pain as from a bruise, when moving or coughing. A dose every three hours.

#### GENERAL DIRECTIONS.

Hot applications and sitz baths often give relief. If the trouble is due to uterine derangements, local treatment may be necessary.

### Foreign Bodies in the Ear.

If an insect, pour in a few drops of Olive Oil; if some small, hard substance, easily seen and reached, a looped wire inserted over and *above* the intruder, can be used to draw or roll it out. *Avoid poking, prodding, or exploring the ear.*

### Fright.

*Aconite*.—Feverish heat; restlessness; great fear; fainting; palpitation, or convulsions. A dose every one or two hours.

*Opium*.—Stupor, face dark red and hot, patient unconscious ; breathing labored ; sometimes convulsions. A leading remedy. A dose every one or two hours.

*Ignatia*.—Diarrhœa, or headache, from fright or grief ; hysteria, or convulsions, especially in nervous, sensitive children. A dose every one or two hours. See, also, "Convulsions," (p. 40,) and the general directions under that heading.

### Frost-Bites.

Avoid hot applications, or sudden heat ; *restore circulation gradually* ; rub the affected part with snow, or bathe in cold water. Dress with *Plantago Oil* (see p. 145), and cover with cotton ; bandage lightly.

### Gum Boil.

*Mercurius Vivus*.—Painful, hard swelling, caused by irritation from a decayed tooth. A dose every three hours.

*Hepar Sulph*.—Throbbing pain, indicating the formation of pus, also, after matter has formed, and as long as the discharge continues. A dose every three hours.

### GENERAL DIRECTIONS.

Very hot water held in the mouth, or the application of the inner surface of a roast fig, will often relieve pain. Should there be any discharge, rinse the mouth frequently with *Antiseptic Spray* (see p. 158), one part to four or five parts water. It may be necessary to lance the boil, or, if a decayed tooth is the cause, it should be treated or extracted.

### Hay Fever.

*Arsenicum Iod.*—Continual sneezing, without relief; constant, thin, acrid discharge. A dose every one or two hours, during the attack, and twice daily for some weeks afterwards.

*Ipecac.*—Can be alternated with *Arsenicum Iod.* when breathing is difficult and wheezy.

*Sabadilla.*—Violent paroxysms of sneezing, with constant running from the eyes and nose; redness and swelling of the eyelids, and contractive headache. A dose every three hours.

*Euphrasia.*—Copious flow of scalding tears, with swollen lids and great aversion to light. A dose every three hours.

#### GENERAL DIRECTIONS.

Spray the nostrils with *Antiseptic Spray* (see p. 158), one part to four parts water. If the throat is involved, use it as a gargle, also. Take sea-baths, if possible; if not, use sea-salt in the bath daily. Accustom yourself to cold sponge baths, with vigorous friction (see p. 14). Be regular as to meals and exercise. A change of climate, or a sea-voyage, is most desirable.

### Headache.

*Aconite.*—Congestive headache; full, heavy feeling in head; burning pain and heat; pressive headache above the nose and eyes.

*Belladonna.*—Congestive or nervous headache; intense pain in forehead, temples and eyes, worse from slightest jar, motion, touch, or noise; flushed face and hot head.

*Ignatia.*—Nervous headache, from anxiety, grief, or mental exertion; generally one-sided, as if a nail were driven into the head; periodical headaches in very sensitive or hysterical women.

*Gelsemium*.—Nervous headache; dull, heavy pain, extending from the nape of the neck to the top of the head; dimness of sight, or double vision; giddiness; heavy eyes; full pulse.

*Coffea*.—Great nervousness; exaltation of senses; wakefulness; headache, as if a nail were driven into one side of the head; *useless for coffee drinkers*.

*Cimicifuga*.—Headache, from loss of sleep, mental strain, or worry; menstrual headache; pain commencing at back of head and extending to forehead and eyeballs; may be aching in spine.

*Sepia*.—Chronic cases; skin yellowish under eyes; menstrual disorders; leucorrhœa; headache at menstrual period. A dose three times a day.

*Glonoine*.—Congestive headache, from heat or exposure to sun; severe throbbing, pulsating pains, with fullness and pressure.

#### GENERAL DIRECTIONS.

Unless otherwise specified, the appropriate remedy should be given every fifteen or twenty minutes during the attack, and the intervals increased as the patient improves. Consult, also, the articles on Hysteria, Neuralgia, Sick Headache, and Sunstroke.

#### Sick Headache.

*Iris*.—Sick headache, with blur before the eyes, followed by nausea and bilious vomiting; dull, heavy pain in forehead.

*Nux Vomica*.—Sick headache, from wine, coffee, sedentary habits, or mental application; commences in morning, grows worse during the day, with sour, bitter vomiting; constipation; symptoms worse from noise and after eating.

*Bryonia*.—Bursting, splitting, pressive headache, in forehead, worse from stooping or motion, better from pressure; sour, bitter, bilious vomiting.

*Ipecac*.—Constant nausea and vomiting, with bruised feeling in brain and skull.

*Sanguinaria*.—One-sided sick headache; pain, commencing in back of neck, spreading to right eye; nausea, bilious vomiting, shivering; patient must stay in the dark and keep perfectly still; often associated with profuse menses.

*Podophyllum*.—From disordered liver; blur before eyes; darting pains in forehead, or stunning headache, with giddiness and heartburn. Can be used in alternation with *Merc. dulc. 2x*.

Follow general directions under "Headache."

### Hiccough.

Hiccough, like heartburn and flatulence, is generally but a symptom of indigestion. In selecting a remedy in such cases, be guided by the symptoms as a whole.

*Nux Vomica*.—Ordinary acute cases. A dose every fifteen minutes.

*Moschus 3x*.—Hiccough, accompanying hysteria. A dose every fifteen minutes.

#### GENERAL DIRECTIONS.

Holding the breath sometimes relieves temporarily; a drink of water or a little sugar may have the same effect.

### Hoarseness.

*Aconite*.—After exposure to dry, cold winds, hoarse, croaking voice; throat dry and sensitive

to touch ; more or less fever. A dose every two or three hours.

*Belladonna*.—Great dryness and rawness of throat, with hoarseness and loss of voice ; patient swallows frequently to relieve dryness. A dose every two or three hours.

*Phosphorus*.—Hoarseness and sometimes loss of voice ; worse in the evening ; throat very sensitive ; pain on talking or coughing. A dose every two or three hours.

*Causticum*.—Hoarseness or loss of voice in dry, cold weather, worse in the evening, with pain and dryness in throat ; raw, sore feeling in the chest. A dose every two to four hours.

*Pulsatilla*.—Almost complete loss of voice, especially in lymphatic, anæmic women with loose cough, cold in the head, thick, yellow discharge from the nose, and loss of smell and taste. A dose every two to four hours.

*Carbo. Veg.*—After exposure to damp, evening air ; chronic hoarseness, worse toward night and after talking. A dose every two to four hours.

#### GENERAL DIRECTIONS.

Bathe the throat frequently with cold water, and rub vigorously. Accustom yourself to breathe through the nose, especially when going from a warm to a cold atmosphere. Men subject to hoarseness and loss of voice should allow the beard to grow. For acute attacks apply a compress, wrung out in cold water, to the throat at night ; cover with oiled silk and flannel. A plaster of *Myro-petroleum album* (see p. 144) will give great relief.

### Hooping Cough.

*Aconite*.—First stage, with fever, hard, dry, wheezing cough; burning pains and tickling in the throat. A dose every two hours.

*Belladonna*.—In the beginning, sudden, violent paroxysms of coughing, without expectoration, *worse at night*; with sore throat, flushed face, and sometimes nosebleed. A dose every two hours.

*Ipecac*.—Violent, suffocative cough, the child becoming stiff and *blue* in the face; gagging and vomiting of mucus. A dose every two or three hours.

*Drosera*.—Spasmodic paroxysms of hoarse, loud cough, threatening suffocation; often vomiting of food or mucus. A dose every two or three hours.

*Cuprum*.—Violent paroxysms of coughing, causing convulsions, stiffening of the body, and loss of breath, followed by vomiting and prostration. A dose every two or three hours.

#### GENERAL DIRECTIONS.

Avoid exposure to damp or draughts. Have the child wear warm, comfortable clothing, and eat light, digestible food in moderate quantities. During the attack, a plaster of *Myro-petroleum album* applied to the chest or throat will often give relief. Keep the child away from other children. A change of air will often prove very beneficial in obstinate cases.

### Hysteria.

*Ignatia*.—Attack preceded by sensation of a lump in the throat; during the attack, alternate crying and laughing, flushing and pallor; convulsive movements of arms and legs; scream-



ing; clenching of hands; profuse, pale urine. A dose every fifteen minutes during the attack.

*Moschus 3x*.—Great anxiety; palpitation of the heart; tendency to fainting; suffocation; feeling of a lump in the throat, and constriction of chest; alternate laughing and crying; copious flow of pale urine. Give as directed under *Ignatia*.

*Pulsatilla*.—Hysteria, in mild, sensitive, tearful women, with menses suppressed, delayed or scanty; patient cries apparently without cause. A dose every half-hour to one or two hours.

#### GENERAL DIRECTIONS.

During the attack, loosen the clothing; give air; sprinkle the face with cold water. If the attack is from temper or other immediate avoidable cause, do not spare the water. In general, let the patient avoid excitement, late hours, tight clothing, stimulating food or drink, and sexual indulgence.

### Indigestion.

*Nux Vomica*.—Distress in the stomach, coming on an hour or so after meals; sour, or bitter taste in the mouth; flatulence; distention of stomach; hiccough; sour risings; heartburn; nausea; and sometimes vomiting. Indigestion, especially in dark-haired, nervous, energetic and irascible persons, and those of sedentary occupations, with tendency to constipation or piles. A dose three times a day.

*Sulphur*.—Follows *Nux* well, especially in chronic cases, with constipation and piles; canine hunger, flatulence, and desire for sweets. A dose morning and night.

*Bryonia*.—Indigestion, in warm and wet weather, and in bilious and rheumatic persons,

with constipation; bitter taste and bitter or sour risings; nausea, or bilious vomiting. A dose every four hours.

*Cinchona*.—Indigestion, following loss of blood, exhausting diarrhœa, or from malarial influences, with fullness and distention of stomach, flatulence, and drowsiness after eating. A dose three times a day.

*Pulsatilla*.—Indigestion, from pork, pastry, ice-cream or ice-water, with sour risings; heart-burn; furred, white tongue; nausea and flatulence, especially in lymphatic persons, with fair hair and complexion, and easy dispositions. A dose every four hours.

*Hepar Sulph.*—Chronic cases, where nearly every kind of food disagrees. A dose three times a day. See, also, *Ipecac*, *Carbo. Veg.* and *Lycopodium*.

#### GENERAL DIRECTIONS.

Avoid highly seasoned foods, stimulants, tea, coffee, tobacco, fresh bread, pastry, pork, and cheese. Eat at regular intervals, and do not overload the stomach. Take daily exercise and baths. Retire and rise early. Keep the teeth in good order. Be as amiable and cheerful as possible. Otis Clapp & Son's *Elixir of Pepsin Compound* (see p. 136) should be used in connection with the remedy selected. Remember that no medicine will render attention to hygienic measures unnecessary.

#### Inflammation of the Bladder.

*Aconite*.—When there is much fever; dry, hot skin; thirst and restlessness; constant desire to urinate; urine hot, dry, scanty. A dose every hour.

*Cantharis*.—*Burning heat* in bladder; *burning and cutting* pains, so severe that patient screams aloud; constant desire to urinate, with almost ineffectual straining; urine passes in burning drops. A dose every hour.

*Belladonna*.—Region of bladder very sensitive; urine hot and red; involuntary dribbling of urine; great nervous irritability. A dose every hour.

*Apis*.—Especially useful in inflammation of the bladder following the use of Cantharides, Camphor, or other drugs; urine, pale straw color, or scanty and red, with brick-dust sediment; pain and burning before and after passing water; much straining. A dose every hour.

#### GENERAL DIRECTIONS.

*Absolute rest in bed*. Hot hip-baths, or local applications of flannels wrung out in *nearly boiling water*; cover with oiled silk; renew *frequently*. Drink large quantities of pure, soft water. Eat but little meat. Avoid tea, coffee, all alcoholic stimulants, and spices. Consult a competent physician.

### Inflammation of the Bowels.

This is a very serious affection, and home treatment should never be attempted, unless it is impossible to procure the services of a physician. Such cases may be recognized by the following symptoms, namely, heat, tenderness, and distention of the abdomen; pulse small, wiry, and rapid; obstinate constipation; excessive thirst; often severe pain and vomiting.

*Aconite*.—From cold; chill, fever; burning, cutting, darting pains in the bowels. A dose every half-hour to one hour. The leading remedy in the beginning.

*Belladonna*.—Swollen, tense, sensitive abdomen; cannot bear the weight of the bedclothes; slightest jarring of the bed aggravates; restlessness; dark, red face; sometimes vomiting of bile. A dose every hour. Useful in the beginning; may be alternated with *Aconite*.

*Bryonia*.—*Sharp, stitching pains, worse on motion*, with or without high fever; bowels constipated. A dose every one or two hours.

*Mercurius Cor.*—Frequently increasing fever, with creeping chills, and copious perspiration after the heat; inflammation, following wounds and operations in the abdomen; tendency to formation of pus; abscesses. A dose every two or three hours.

#### GENERAL DIRECTIONS.

Wring pieces of flannel out in *nearly boiling* water; sprinkle a few drops of turpentine on them, and apply to the abdomen; cover with dry flannel or oiled silk; renew *frequently*. Cold compresses may be used, if they give more relief; do not let them remain until they become warm.

If the weight of the bedclothes is painful, place barrel-hoops under them, or get a "cradle" from Otis Clapp & Son, or some other leading firm carrying such articles.

The diet should be strictly liquid. During convalescence, return to solid food very cautiously. Bits of ice *swallowed* (not allowed to melt in the mouth) will sometimes relieve vomiting. Have a trained nurse if possible.

### Inflammation of the Eyes.

(OPHTHALMIA.)

*Aconite*.—Acute inflammation, from an operation, or foreign body in the eye, with redness,

profuse, watery discharge, and smarting, burning pains. A dose every two hours.

*Arnica*.—Inflammation, caused by a blow, fall or other injury; eye feels bruised and sore. A dose every two hours.

*Belladonna*.—Pain; redness; swelling; throbbing pain in forehead and temples; flushed cheeks and *intolerance of light*. A dose every two hours; can often be alternated with *Aconite* to advantage.

*Pulsatilla*.—Catarrhal inflammation, with profuse flow of tears, and thick, yellow, bland discharge of mucus; lids stick together in the morning. A dose every two hours.

*Euphrasia*.—Copious, acrid discharge; great aversion to light; the tears scald and irritate the cheeks; swelling of the lids, and ulceration. A dose every two hours.

*Mercurius Vivus*.—Burning pains; thick, offensive, excoriating discharge; sensitiveness and soreness of the eyes to touch; extreme sensitiveness to light; tears very acrid; ulceration, especially in syphilitic subjects. A dose every three hours.

*Sulphur*.—Obstinate, chronic cases, especially scrofulous, with sharp, sticking, shooting pains; acrid and excoriating discharge; itching and burning. A dose three times a day.

#### GENERAL DIRECTIONS.

Consult a physician, preferably a good specialist. If the eye is inflamed from a blow, fall, or foreign body (which must first be removed), bathe three times a day with tincture of *Calendula* (see p. 146), five drops to the ounce of water, or *Calendulated Boric Acid* (see p. 157), ten or fifteen grains to the ounce of water. For a bruised or black eye, apply lint soaked in *Hamelis* (see p. 147) and water, five drops to the ounce.

If one eye is affected, avoid using the other. A shade worn over the eyes gives much relief when there is aversion to light. If a cinder gets beneath the lid, rub gently toward the nose; if a bit of lime, wash out the eye with a very weak solution of vinegar.

Rub a little *Calendula*, or *Hamamelis cerate*, (see p. 143) on the lids at night, when there is a tendency for them to stick together in the morning. Avoid exposure to cold or easterly winds.

### Inflammation of the Lungs.

(PNEUMONIA.)

*Symptoms.*—Chills and shiverings, alternating with flushes of heat; burning, hot skin; hot, scanty, high-colored urine; rapid, full pulse; stitching pains in one part of chest; dry cough, changing to cough with difficult, rusty-colored expectoration; great oppression of chest, and difficult breathing. A case of this character requires skilled professional advice.

*Aconite.*—In the very beginning; chill and fever; hot, dry skin; full, bounding, rapid pulse; flushed face; great thirst. A dose every one or two hours.

*Bryonia.*—Severe, shooting, cutting pains in chest; short, hard, painful, dry cough, or cough with difficult, scanty expectoration; diminished restlessness and fever. A dose every one or two hours.

*Phosphorus.*—Great oppression and weight in the chest; labored respiration; cough, with difficult, rusty-colored expectoration. A dose every one or two hours.

*Tartar Emetic.*—Face pale; breathing difficult; suffocative spells; cough, with rattling of

*mucus* difficult to raise; nausea, anxiety, and restlessness. A dose every two hours.

#### GENERAL DIRECTIONS.

Other remedies are often of great use, but it is taken for granted that the case will be given up to medical guidance at the earliest opportunity. Good nursing will do much; professional nursing is generally superior to any other. A few hints as to the care of the patient may, however, prove of service.

The sick one should be in a large, well-ventilated room, kept at an even temperature of 68°. Have a sufficient, but not excessive amount of clothing on the bed. Let the patient lie with the head and shoulders slightly raised. For pain, weight, and oppression in chest, apply a plaster of *Myro-petroleum album* (see p. 144), or a large, light, hot poultice of flaxseed meal, renewed *promptly* as soon as it grows cool, about every two or three hours. During the height of the fever, give light broths and milk; as soon as the fever moderates, give egg noggs, beef-juice, wine-whey, oysters, soft custards, and all the light nourishing food, at regular intervals, the patient can digest. Remember that *intelligent*, faithful nursing is of great importance.

#### Influenza.

*Aconite*.—High fever; hot, dry skin; restlessness; dry, violent, racking cough; often with stitches in the chest. A dose every hour.

*Arsenicum Iod.*—The leading remedy. Chills, with flushes of heat; constant, acrid, irritating discharge from the nose; sneezing; puffiness of the face; pain in the back and limbs; prostration. A dose every two hours.

*Euphrasia*.—Excessive discharge of watery mucus from the eyes, and constant running of scalding tears, with swollen eyelids, soreness of the nose, and fluent coryza. A dose every two hours.

*Mercurius Vivus*.—Rheumatic pains, in the head, face, ears, teeth and limbs; copious discharge of mucus from the nose; catarrh of the throat and lungs, with violent, shaking cough; profuse perspiration, which does not relieve. A dose every two hours.

#### GENERAL DIRECTIONS.

In severe cases, rest in bed; warm gruels and light, unstimulating foods are desirable. Dry heat, in the form of hot-water bags (see p. 151), will often relieve pain in the back and elsewhere.

#### In-growing Toe Nail.

With the point of a penknife, insert a bit of cotton beneath the side of the nail, and between the edge of the flesh and the overlapping nail. If there is much inflammation, rest the foot, and apply bread and water poultices. Scrape the nail down the middle, and allow it to grow out at the corners. In cutting the nail, do not round the corners, but let them remain somewhat square.

#### Itching of the Anus.

*Arsenicum*.—Itching, with burning, or an eruption emitting a small drop of watery fluid; chronic cases. A dose every four hours.

*Mercurius Vivus*.—Burning and smarting of the anus, worse at night, with moisture and itching. A dose every four hours.



*Sulphur*.—Severe itching and burning of the anus, keeping the patient awake at night. A dose every four hours.

*Rhus Tox.*—Itching, redness, swelling, and tingling of the parts. A dose every four hours.

GENERAL DIRECTIONS.

Douche the anus twice a day, for fifteen minutes at a time, with water at a temperature of 110° or 120°; dry the parts, and touch with absorbent cotton, wet with *Phenol Camphor* (see p. 157). A sitz bath may be taken instead of the douche. Otis Clapp & Son's *Oil of Rhusci cerate* may be used, when there is constant itching, burning, and dryness of the skin. Avoid scratching the parts. Abstain from stimulants, cheese, rich, indigestible food, and all sexual indulgence. Observe hygienic rules.

**Lumbago.**

*Aconite*.—From dry cold, or a draught; pain in small of back, as if sprained; sensitiveness to touch; fever. A dose every one or two hours; can be alternated with *Rhus Tox*.

*Rhus Tox.*—From damp cold, or getting wet; stiffness of back; bruised or burning pain, better on *continued* motion. A dose every one or two hours.

*Bryonia*.—Intense pains, causing patient to bend over in walking; pains worse from motion, better from rest and warmth. A dose every one or two hours.

*Cimicifuga*.—Muscular pains, with restlessness; sleeplessness, and depression of spirits. A dose every two hours.

GENERAL DIRECTIONS.

Hot flannels, on which a little turpentine has been sprinkled, may be applied locally, or a plaster of *Myro-petroleum album* (see p. 144).

### Measles.

The symptoms at first resemble those of a cold in the head, consisting of more or less fever; watery discharges from the nose and eyes; headache and sneezing; pain in the back and limbs; dry cough, and loss of appetite. In three or four days the rash appears, first upon the face and neck, then spreading over the body. This rash is rose, or mahogany colored; feels rough to the touch, and disappears temporarily upon pressure. It grows paler within two or three days, and disappears in eight or nine, as a bran-like scurf.

*Aconite*.—In the beginning, with dry, hot skin; red eyes; intolerance of light; full, quick pulse; high temperature and thirst. A dose every one or two hours.

*Pulsatilla*.—An important remedy; eyes red, watery, and sensitive to the light; mouth dry; no thirst; discharge from nose; loose cough; diarrhœa. A dose every one or two hours.

*Bryonia*.—Tardy, or suppressed eruption; oppression of chest; difficult breathing; dry cough, with shooting pains in chest. A dose every two hours.

*Sulphur*.—After the eruption has run its course, and other remedies are omitted, a dose night and morning for a week.

#### GENERAL DIRECTIONS.

Isolate the patient in a well-ventilated room, which should be darkened while the eyes are sensitive. For suppressed or delayed eruption, give warm baths. Take the sick one's temperature morning and afternoon, and if it rises above 102°, give a cool sponge bath, lasting fifteen minutes; repeat in two hours, if necessary. The diet should be milk and broths. Protect the patient from draughts, and maintain an

even temperature in the room. Do *not* depend upon your sensations as regards the temperature of the patient, the room, or of baths; use *thermometers* (see p. 150).

### Morning Sickness.

*Ipecac.*—Patient vomits everything she eats, as soon as taken. A dose every three hours.

*Nux Vomica.*—Thin, dark women, with tendency to constipation; continued nausea and vomiting after eating, especially in the morning. A dose every three hours.

*Arsenicum.*—Excessive vomiting, with faintness and prostration. Great desire for water, but can take only a little; vomiting of liquids especially. A dose every three or four hours.

#### GENERAL DIRECTIONS.

Exercise out-of-doors daily; secure good ventilation; take daily sponge baths, with friction; eat light, nourishing food in small quantities, frequently, and at regular intervals.

### Mumps.

*Mercurius Bin.*—The chief remedy. Swelling and redness of the glands, behind the ear and under the jaw, with more or less pain; stiffness of the jaws. A dose four times a day.

*Belladonna.*—Redness of the face and eyes; throbbing headache; glands swollen and bright red; tendency to delirium. A dose every three or four hours.

*Pulsatilla.*—Useful when the breasts or testicles are affected. A dose every four hours.

## GENERAL DIRECTIONS.

Keep the patient in a warm room. Apply hot fomentations to the affected part; renew frequently. Avoid excitement, or exposure to cold or damp. A tendency to relapse remains for several weeks.

## Nausea and Vomiting.

Nausea and vomiting are symptoms, not diseases. Look for the cause of the disturbance, and remove it if possible. These symptoms are most frequently associated with Indigestion, Diarrhoea, or Biliousness. Look under these headings; see, also, "Morning Sickness."

*Nux Vomica*.—After overloading the stomach; too free indulgence in stimulants, or too much patent medicine. A dose every one or two hours.

*Pulsatilla*.—From eating pastry, or fat foods; sour, bitter vomiting; constant nausea after eating; chilliness. A dose every one or two hours.

*Bryonia*.—Bilious vomiting; food vomited immediately after eating; splitting headache; constipation. A dose every one or two hours.

*Ipecac*.—Nausea and vomiting of food, or white, glairy, sticky mucus; qualmishness, and empty feeling in stomach. Dose as above.

*Arsenicum*. Violent vomiting, with colic and diarrhoea; great prostration. A dose every two hours.

## GENERAL DIRECTIONS.

Liquid nourishment only while nausea continues. Absolute rest. Avoid stimulants in any form. Encourage vomiting, if the stomach is overloaded.

### Nettle-Rash.

*Apis*.—Pinkish-white welts, which itch and sting intolerably; much swelling. A dose every three hours.

*Antimonium Crud.*—Gastric disturbances, with white, furred, heavily coated tongue. A dose every three hours.

*Arsenicum*.—Large, white blotches, with itching and burning; worse at night. A dose every three or four hours.

*Rhus Tox.*—Nettle-rash, from eating unwholesome food, or from damp weather, especially in rheumatic persons. A dose every three hours.

*Dulcamara*.—From dampness, cold, or getting wet. A dose every three hours.

*Calc. Carb.*—Chronic cases, especially in scrofulous patients; the rash disappears in the open air.

*Sulphur* is also useful in chronic cases, where the symptoms are worse at night, and when warm in bed.

### GENERAL DIRECTIONS.

A warm bath often relieves the itching greatly. Dry the skin lightly, without friction. Avoid stimulants, and stimulating, or indigestible food. Use milk freely. Pay great attention to personal cleanliness. A one-grain dose of *Chloral hydrate*, repeated every six hours, often gives excellent results.

### Neuralgia.

*Aconite*.—*Acute* attacks from cold; cold winds; face red and hot; unbearable, pulsating, or cutting pains, worse at night, with great restlessness. A dose every two hours.

*Arsenicum*.—Intermittent, burning, or tearing pains in the face and head, with great restlessness.

ness and anguish ; neuralgia, induced by overwork, malaria, or by a debilitated condition ; worse from cold ; better from exercise. A dose every two to four hours.

The pain of *Aconite* is more *inflammatory* in character, and that of *Arsenicum* more *nervous*.

*Belladonna*.—Violent, shooting pains, especially about the eyes ; face red, shining, and swollen ; much nervousness and restlessness ; palpitation of heart ; pain worse before midnight. A dose every two or three hours.

*Spigelia*.—*Acute* facial neuralgia, with jerking, tearing, sometimes periodical pains, with anxiety at heart and great restlessness ; symptoms worse from motion or touch ; face pale. A dose every two or three hours.

#### GENERAL DIRECTIONS.

Dry heat, such as a bag of hops thoroughly heated, hot flannels or a hot-water bag often relieves the pain, more or less. Sometimes tracing the course of the nerve with oil of cloves or oil of peppermint will give excellent results, or the tincture of *Aconite* and *Belladonna*, equal parts, similarly applied. A menthol pencil, or a ten per cent solution of menthol may be used instead.

Wear warm clothing ; avoid excessive exertion, mental or physical ; eat an abundance of nutritious food. If the system is debilitated, Otis Clapp & Son's *Malt and Cod Liver Oil* (see p. 138) will prove of great value, both as a food and a tonic.

#### Obesity.

*Phytolacca Berry Tablets* (see p. 135).—General obesity, or fatty degeneration of the heart, with difficulty in walking, stooping, and going

upstairs, great distress in breathing; "short breath," especially in light-complexioned people. Two or three tablets before, or immediately after, each meal, *i. e.*, three times a day. Should rawness of the throat be noticed while taking the tablets, discontinue them for a few days. When the rawness has disappeared, recommence the treatment, but diminish the dose.

#### GENERAL DIRECTIONS.

Take daily cool sponge baths, with friction, and a reasonable amount of out-of-door exercise. Avoid butter, cream, sugar, candy, pastry, puddings, rice, sago, potatoes, white bread, milk, sweet wines, or malt liquors. Eat graham or whole-wheat bread, gluten biscuits, lean meat, poultry, green vegetables, and succulent fruits.

#### Offensive Breath.

*Nux Vomica*.—Offensive, sour-smelling breath, after eating, with other symptoms of indigestion; worse in morning. A dose three times a day.

*Carbo Veg*.—If from the abuse of mercury; putrid breath and frequent bleeding of the gums. A dose night and morning.

*Pulsatilla*.—Bad breath, accompanying indigestion after eating fat, rich, or very cold foods. Breath most offensive at night. A dose three times a day.

#### GENERAL DIRECTIONS.

Rinse the mouth frequently with *Antiseptic Spray* (see p. 158), one part to three or four parts water. See, also, the article on the Care of the Teeth (p. 13).

### Palpitation.

Palpitation of the heart may be due to anxiety, grief, fear, anger, joy, severe exertion, menstrual disorders, nervousness, debility, indigestion, or the excessive use of tea, coffee, tobacco, or other stimulants. It may also be caused by structural changes; such changes can be successfully treated only by a competent physician, and the majority of other cases should be intrusted to the same skilled care. The following remedies, however, are suggested for simple and recent disturbances of the heart's action.

*Aconite*.—Palpitation, from excitement, with much anxiety; extremities numb and cold; face *hot and flushed*; short, hurried breathing; full, bounding pulse; especially in plethoric people.

*Coffea*.—From sudden joy, with wakefulness and nervous restlessness, especially in hysterical women; useless for coffee drinkers.

*Ignatia*.—From anxiety or grief, with great depression and nervous headache.

*Opium*.—From fright, the fear of the fright still remaining; sleepy, but cannot sleep.

*Cinchona*.—After loss of blood, or other vital fluids, with exhaustion and debility.

*Nux Vomica*.—From the excessive use of tea, coffee, or other stimulants; indigestion; flatulence; nervousness; constipation.

*Chamomilla*.—From anger. See, also, *Pulsatilla* (p. 123).

#### GENERAL DIRECTIONS.

The indicated remedy may be given every fifteen or twenty minutes, during the attack, increasing the interval as seems desirable. Rest; avoid excitement, violent exercise, or sudden exertion. Restrain the passions, keep early hours, and do not overwork. Abstain from tea, coffee, and other stimulants, and indigestible food. Take daily cold sponge baths.



**Piles or Hemorrhoids.**

*Esculus*.—Large purple, painful piles, like ground nuts, with itching and burning; dryness, heat, and severe pain in the rectum; constant aching pain in the back; stools hard and dry; accompanied by protrusion of the rectum. A dose night and morning. Use O. C. & S.'s *Suppositories, No. 1*, locally (see p. 142).

*Hamamelis*.—Profusely bleeding piles; burning, itching, rawness, and soreness of anus; discharges of dark blood; weakness and pain in back. A dose night and morning. Use O. C. & S.'s *Suppositories, No. 13 A*, locally. When, in addition to the above symptoms, there is protrusion of the rectum, and constipation due to torpidity of the rectum, use O. C. & S.'s *Suppositories, No. 13 B*, locally.

*Collinsonia*.—Old, obstinate, blind, or bleeding piles, with a feeling in the rectum as if sand or sticks had lodged there; severe, sticking pains; chronic constipation. A dose night and morning. Locally, O. C. & S.'s *Suppositories, No. 1 B*.

*Nux Vomica*.—Blind or bleeding piles, from abuse of stimulants, use of highly spiced foods, or sedentary habits; bleeding, burning and protrusion of piles; weight in abdomen; pain in small of back; constipation. A dose night and morning. Locally, O. C. & S.'s *Suppositories, No. 13 B*.

*Sulphur*.—Blind or bleeding piles, with stinging, burning, and soreness about the anus; protrusion of the rectum; itching and straining, after blood-streaked stools. Can be used following *Nux*, or in alternation, *i. e.*, *Nux* in the morning, *Sulph.* at night. Same suppositories as with *Nux*.

## GENERAL DIRECTIONS.

Eat fruits and vegetables ; avoid coffee, spices, old cheese, highly seasoned food, or stimulants, and do not overeat. Take out-of-door exercise, cold baths, and sleep on a firm mattress. A cerate of *Plantago Boracic Acid* is useful, locally, to relieve itching; also, *Hamamelis cerate* (see p. 143), or compresses wet in *Hamamelis* (see "Tinctures," for external use, p. 146), ten drops to an ounce of water.

Be prompt in attending to nature's calls, and endeavor to be regular in your habits. Restrain your passions.

The suppositories, mentioned above, will be found to be invaluable aids in the treatment of hemorrhoids.

**Pleurisy.**

*Symptoms.*—Inflammation of the membrane covering the lungs and lining of the chest; with fever; dry cough; stitching pains, worse on coughing, breathing, or moving, and sometimes an effusion of serum into the plural cavity.

*Aconite.*—Simple, acute pleurisy, with chill; fever; thirst; red face; rapid, full pulse; dry, hot skin; stitching pains in chest, with dry, hard cough. A dose every one or two hours.

*Bryonia.*—Acute, stitching, shooting pains in the side; worse from breathing and slightest motion; labored, short, anxious, rapid breathing; effusion. A dose every two hours.

*Arsenicum.*—Difficult breathing, with but little pain; great weakness and prostration. A dose every two or three hours.

## GENERAL DIRECTIONS.

Absolute rest in bed. For pain, weight, and oppression in the chest, apply a plaster of *Myro-*

*petroleum album* (see p. 144), or a large, light, hot poultice of flaxseed meal, renewed *promptly*, as soon as it grows cool,—about every two or three hours. While fever continues, give light broths and milk; then egg noggs, beef juice, wine-whey, oysters, soft custards, and other nourishing food, at regular intervals.

### Poisoning.

If you have reason to know that the poison taken is an acid, give the patient liberal quantities of lime-water. When this is not obtainable, scrape plaster from the walls and mix it with water, or give *Ammonia*, one part to eight parts of water. Follow with an emetic. For an alkali, give vinegar or lemon-juice freely, and then an emetic. A tablespoonful of mustard to a cupful of warm water makes an excellent emetic. Two tablespoonfuls of common salt to the same quantity of tepid water may also be used. If the patient has taken any form of opium, provoke *repeated* vomiting; give strong coffee; walk him about, if possible; if not, try to rouse him by striking repeatedly with towels wrung out in cold water. Give ten drops of the tincture of *Belladonna* in a little water, and repeat the dose in fifteen minutes, if necessary.

If glass has been swallowed, give large quantities of bread crumbs and then an emetic.

After the initial treatment in poisoning by acids, have the patient take large quantities of the whites of eggs and water, milk, or boiled starch.

In all cases of poisoning, send for a competent physician at once.

### Rheumatism.

*Aconite*.—Acute rheumatism, especially when affecting the large joints, with redness and swelling; high fever; full, strong pulse; thirst, anxiety, and restlessness; shooting, tearing pains, worse on contact. A dose every two hours.

*Bryonia*.—Rheumatism of the joints, which are hot, shining, swollen, and pale or dark red; with severe pain, worse from touch or slightest motion. A dose every two or three hours.

*Rhus. Tox.*—Especially after getting wet; stiffness and soreness of the muscles; burning, tearing, drawing pain, worse at rest and in damp weather, better from warmth and *continued* motion. A dose every three or four hours.

*Mercurius Vivus*.—Puffy swelling; pain in the bones, *much* worse at night; sour, profuse perspiration, without relief. A dose every four or five hours.

*Cimicifuga*.—Especially in rheumatism of the hands and feet,—rheumatic gout; sudden, severe attacks; the small joints ache and swell; worse when walking; also in muscular rheumatism and rheumatism of the head. A dose three times a day for two weeks.

*Pulsatilla*.—Shifting, jerking, violent pains, worse in the evening, and from warmth; better from cold; fever slight, with restlessness and chilliness. A dose every four hours.

*Colchicum*.—Sub-acute and chronic rheumatism, affecting the muscles and joints, especially of the feet, as in gout; rheumatic pains, in the small of the back, extending down the thighs; severe, tearing pains, worse from exertion and in warm, damp weather. A dose every two or three hours.

*Sulphur*.—Chronic cases, or to hasten convalescence and prevent the effects following the acute form. A dose twice a day.

## GENERAL DIRECTIONS.

Avoid exposure to cold or damp. Wear flannel next the body. Rest and keep warm. Do not use stimulants in any form, nor eat sweets or much meat. Use Otis Clapp & Son's *Lithia Tablets* (see p. 134), in the drinking water. While there is high fever the diet should be liquid. Turkish baths or hot baths are often beneficial. For a liniment use Otis Clapp & Son's preparation of *Oil of Cajeput, Ammonia and Olive Oil*. Cover the affected part with cotton batting, or absorbent cotton, and bandage lightly. During convalescence, do not allow the joints to become stiff from lack of motion. Massage is excellent. Consult an experienced physician, as the heart is often affected and professional care is of great importance.

**Ringworm.**

*Sepia*.—A dose every four hours.

*Calcareo Carb.*—If *Sepia* seems to have no effect, or if the patient is of a scrofulous habit. A dose two or three times a day.

*Sulphur*.—Obstinate cases, or where there is a predisposition to the disease. A dose night and morning.

## GENERAL DIRECTIONS.

Cut the hair short, and wash well with Otis Clapp & Son's *Superior Antiseptic Soap* (see p. 159) and water. Apply a paste of *Sepia Ix* every night. Should this not have the desired effect, paint the spots, night and morning, with a preparation of one ounce of powdered borax to four ounces of glycerine, or use *Sulphur cerate* (see p. 143). Observe great cleanliness. This affection is highly contagious; therefore, be careful that the patient's towels, hair brushes,

combs, sponges, hats, etc., are not used by anyone else. Improve the physical condition by a light, nourishing diet. Otis Clapp & Son's *Malt and Cod Liver Oil* (see p. 138) makes an excellent tonic and food. Change of air is of great benefit.

### Run-Round, or Felon.

*Hepar Sulph.*—Give early, before suppuration occurs, when there is redness, tenderness, and more or less swelling; or after suppuration is established. A dose every two hours.

#### GENERAL DIRECTIONS.

In the very beginning plunge the finger frequently into water as hot as it can be borne, and let it remain there several minutes. If inflammation and pain increase, apply hot poultices, or what is still better, *Myro-petroleum album* (see p. 144). Free incision, as soon as pus has formed, followed by poulticing, is the most satisfactory treatment.

### Scarlet Fever.

This is not a disease suited to home treatment, as an apparently slight case may develop unfavorable symptoms. It is desirable, however, to be able to recognize the nature of the illness, and to be familiar with the symptoms indicating the most important remedies.

Scarlet Fever is ushered in by chills, fever, sore throat, headache, backache, and often vomiting. The fever is characterized by a rapid, full pulse, and a very high temperature, often reaching 105°. The fever increases as the eruption appears. This latter condition commences

within two or three days after the invasion. The rash appears on the neck and chest, and spreads rapidly, giving the body the appearance of a boiled lobster. The throat is red and swollen, and the tongue (at first covered with a white fur) shows many prominent little red points, gaining for it the name of "strawberry tongue."

About the seventh or eighth day, the fever and soreness of the throat grow less; the rash fades, and the skin begins to peel in large patches, with much irritation and itching. The disease is highly contagious at all stages, especially during the last. There are frequently serious complications, which will not be considered here, as medical advice must be relied upon to conduct a case of this kind to a successful termination.

*Aconite*.—Useful to a limited degree in the beginning, before the nature of the disease is fully established; headache; dry, hot skin; rapid, full pulse; thirst; restlessness; fever. A dose every one or two hours.

*Belladonna*.—A sheet-anchor in the uncomplicated form; marked nervous excitement and disturbance of the circulation, with throbbing of the arteries; face bright red; eyes injected; sometimes delirium; burning, hot skin; pulse full, or small and quick; throat and tonsils inflamed and swollen; tongue white, with red points; *bright scarlet, smooth* rash. A dose every two hours.

*Mercurius Bin.*—Marked throat symptoms, with swelling of the glands, stiffness and pain; constant thirst; salivation; offensive breath; commencing ulceration of throat. A dose every three hours; can be alternated with *Belladonna*.

*Sulphur*.—When the disease is declining and the skin peeling. A dose night and morning; useful in preventing undesirable after-effects.

## GENERAL DIRECTIONS.

Isolate the patient in an airy, upper room, and send other children out of the house. Remove rugs, pictures, hangings, and all superfluous furniture, from the room. Use disinfectants (see *Antiseptic Spray*, p. 158) freely, but remember that *they never take the place of an abundance of pure air*. Call a good doctor, and have a trained nurse or nurses. If home nursing must be depended upon, carry out the physician's instructions to the letter, and these suggestions, if they do not conflict with his orders. It is useless to summon a physician at any time, unless you are prepared to follow his advice. The diet should be light and nutritious,—milk, gruels, broths, etc. Milk is best—with lime-water, if necessary—while high fever continues. Observe all symptoms carefully and report the same to the doctor. Think nothing too trifling; you can not discriminate—he can—let him. Watch the temperature; pulse; quantity and character of the urine; condition of the bowels and stomach; nature and development of the eruption; brain symptoms, and the appearance of the throat. Keep the temperature of the room equable; secure good ventilation; avoid draughts. Sponge the patient three or four times daily with tepid water. Anoint the skin with some simple cerate when it begins to peel. Disinfect all clothing before sending it to the laundry. Do not mingle with other members of the family. A dose, night and morning, of *Belladonna* is said to be an excellent protection against contracting the disease. At the close of the case, burn all articles that can be spared; expose the rest in the room; stop up the key-hole and all cracks in the windows and doors and burn *sulphur* in an old iron pan, in the proportion of one pound to every ten square feet of space. Leave the



room closed twenty-four hours, then air it thoroughly.

### Sciatica.

*Chamomilla*.—Intolerable, drawing, tearing pains, with paralytic sensations, especially in young, nervous patients. A dose every two or three hours.

*Colocynthis*.—Sudden, shooting, tearing, neuralgic pains, worse from motion, pressure and in the day time. A dose every two or three hours.

*Rhus Tox*.—Sciatica from lifting, straining, or getting wet; pains worse while at rest, better from continued motion; numbness and stiffness; especially in chronic cases. A dose every two or three hours.

*Arsenicum*.—Burning, intermittent pains, with anguish and restlessness, thirst and weakness; pains better from warmth; worse from cold and at night. A dose every three or four hours.

#### GENERAL DIRECTIONS.

Apply heat. Cover the part with flannel, and run a hot flat-iron over it frequently. A ten per cent solution of *Menthol* applied along the course of the nerve sometimes relieves.

### Sea Sickness.

*Nux Vomica*.—A dose three times a day, several days before sailing.

*Petroleum*.—Nausea, with dizziness, faintness, and bilious vomiting. A dose every one to two hours.

*Cocculus 6x*.—Great nausea; vomiting, or inability to vomit; faintness; palpitation of the heart; sea sickness, especially from passive motion of a vessel, as when there is a swell on. A dose every hour or two. Should follow *Nux*.

*Apomorphia 3x*.—Has also been found of much use for ordinary sea sickness, with nausea and vomiting. A dose every one or two hours.

*Arsenicum*.—Extreme prostration, following sea sickness. A dose every three hours.

#### GENERAL DIRECTIONS.

Keep on deck, if possible. Have plenty of warm wraps. Persist in eating. Strong, hot coffee, without milk or sugar, sometimes gives relief. Before sailing, avoid fat and indigestible foods. If constipated, follow directions under "Constipation" p. 40.

During the attack, a plaster of *Myro-petroleum album* (see p. 144) applied to the pit of the stomach will often give great relief.

### Shingles.

An eruption of little vesicles, or blisters, generally forming a half circle around the waist or chest, and accompanied by itching, burning, or smarting.

*Arsenicum*.—In lingering or chronic cases, with much irritation, burning, redness and thirst. A dose every three or four hours.

*Rhus Tox*.—Recent cases; watery vesicles, with intolerable itching and burning. A dose every three or four hours.

#### GENERAL DIRECTIONS.

Apply *Phytolacca cerate* locally, or paint the surface with *Collodion*. Avoid exposure to cold or damp. Abstain from stimulating foods or drinks. These cases are generally long and tedious, and not adapted to home treatment.

### Sleeplessness.

*Coffea*.—When the patient is quiet and sleepless; the senses all acute; distant noises are heard with great distinctness; the mind is active and busied with plans; next day brain-fag, and dull headache. Also, for wakefulness and fretfulness in nervous children. A dose four times a day.

*Nux Vomica*.—Sleepy in the evening; falls asleep in his chair and upon going to bed; wakes before daylight; drowzes, and rises with a headache, and more tired than upon going to bed. Often associated with constipation or indigestion. A dose four times a day.

*Belladonna*.—Especially for children, who start up in fright just as going to sleep, or who wake and cry out suddenly during the night; restlessness; bad dreams. A dose four times a day.

*Sulphur*.—The patient sleeps in "cat naps"; the least noise awakens, and there is great difficulty in getting to sleep again. A dose morning and night.

#### GENERAL DIRECTIONS.

Pay due attention to all hygienic rules, especially as to bathing, exercise and diet.

### Sore Nipples.

*Arnica*.—Nipples feel sore and bruised after nursing. A dose three times a day.

*Phytolacca*.—Sore, cracked, or excoriated nipples; especially when there is a syphilitic taint. A dose three times a day.

*Silicea*.—Cracks in the nipples, with much ulceration and suppuration. A dose three times a day.

## GENERAL DIRECTIONS.

Wash and dry the nipples carefully after each nursing. Cleanse the child's mouth, both before and after he is put to the breast. When the nipples are sore and cracked, apply lint, soaked in a solution of ten drops of the *Tincture of Calendula* or *Phytolacca* to one ounce of water. *Calendula cerate* (see p. 143) is also very soothing, especially when there is much hardness of the breast, and *Belladonna cerate* (see p. 143) for inflammation. Whatever application is used, *be sure and wash it off* before giving the child the breast. A rubber shield is a great protection while nursing. Daily bathing of the nipples with *Arnica tincture* and water, ten drops to the ounce, for a week or two before confinement, will be found very advantageous where there is a tendency to soreness and fissures. *Arnica* should never be used when the skin is broken.

## Sore Throat.

*Aconite*.—In the beginning, fever; thirst; hot, dry skin; rapid, full pulse; throat feels rough and dry; sometimes dry cough. A dose every one or two hours.

*Belladonna*.—Dryness, redness, and rawness of the throat, especially on the right side; tonsils swollen and inflamed; swallowing painful and difficult; headache; flushed face. A dose every one or two hours.

*Mercurius Bin*.—Constant secretion of mucus in the throat; frequent, difficult, painful, and empty swallowings; much swelling of the glands; grayish deposits near tonsils; perspiration, especially at night. A dose every two or three hours.

*Apis*.—Dryness of mouth and throat; puffy swelling of mucous membrane; stinging, sticking pains; swallowing painful and almost impossible. A dose every one or two hours.

*Phytolacca*.—Dark red, dry, swollen mucous membrane; sometimes pustular spots; pain on swallowing; swelling and tenderness of the glands externally at the angle of the jaw; aching in the back and limbs. A dose every one or two hours.

*Hydrastis*.—Rawness and soreness of the throat; constant hawking of mucus, which drops into the throat from the back of the nose. A dose every two or three hours.

See, also, "Diphtheria" and "Tonsilitis," pp. 48, 94.

#### GENERAL DIRECTIONS.

A cold compress about the neck, covered with oiled silk, or a plaster of *Myro-petroleum album*, (see p. 144) often relieves a simple sore throat. Gargle the throat every two hours with a cupful of water, as near the boiling point as it can be borne, to which has been added a teaspoonful of *Antiseptic Spray* (see p. 158), or one of common salt, or use twenty drops of tincture of *Phytolacca* to the same amount of water. If grayish spots form, indicating ulceration, gargle, or spray the throat every two or three hours with *Antiseptic Spray*, one part to four parts water. Bathing the throat frequently with cold water, and then rubbing briskly with a coarse towel, is a preventative of local inflammation.

#### Sprains or Strains.

*Arnica*.—Recent sprains, or strains, with a bruised appearance. A dose every two hours.

*Rhus Tox*.—When tendons are involved, especially in obstinate cases. Every two hours.

*Calendula*.—In place of *Arnica*, for patients peculiarly sensitive to the latter drug. A dose every two hours.

*Bryonia*.—Pains in the back, worse on the least motion, caused by over-exertion, lifting heavy weights, etc. A dose every two hours.

#### GENERAL DIRECTIONS.

Absolute rest is essential. For sprains, douche the part well with cold water; dress with soft cotton cloth, or lint wet with ten or fifteen drops of *Arnica*, or *Calendula tincture*, to an ounce of water; cover with absorbent cotton and bandage firmly, exerting an even pressure.

For both sprains and strains, massaging the parts with *Arnica Oil* (see p. 145) is very beneficial.

### Stiff Neck.

*Aconite*.—From a draught or chill; tearing pains in nape of neck, extending to shoulder, worse on motion. A dose every one or two hours.

*Bryonia*.—Painful, stiff neck, worse from touch or motion, in rheumatic subjects, or in damp weather. A dose every one or two hours.

*Cimicifuga*.—Fixed, involuntary position of the head; rheumatic pain and stiffness in muscles of neck and back; sensitiveness of spine. A dose every one or two hours.

*Dulcamara*.—From damp, cold, and wet; pain in the nape of the neck, as if after lying with the head in an uncomfortable position. A dose every one or two hours.

#### GENERAL DIRECTIONS.

Wear a flannel about the neck; iron with a hot flat-iron. Occasional rubbing with Otis Clapp & Son's preparation of *Oil of Cajeput, Ammonia and Olive Oil* will give great relief.

### Stye.

*Pulsatilla*.—If given when the first sign of redness and swelling appears, will often prevent the formation of pus. A dose every two or three hours.

*Hepar Sulph.*—When pus forms. A dose every two or three hours.

*Sulphur*.—To prevent a recurrence of the trouble. A dose night and morning, for a week or two.

#### GENERAL DIRECTIONS.

Rest the eyes; avoid a strong light. A bread and water poultice will often relieve the pain and tension when pus is forming. Very hot fomentations are also useful.

### Sunstroke.

*Glonoine*.—From excessive heat or exposure to sun; face pale; pulse round and full; intense, throbbing headache; feeling as if the head would burst open; labored respiration; sinking sensation in stomach, nausea and vomiting. A dose every fifteen minutes, increasing the intervals as the patient improves.

*Belladonna*.—Severe headache in forehead and temples, worse when stooping; dizziness upon changing position; faintness; flushed face. Give as for *Glonoine*.

#### GENERAL DIRECTIONS.

Have the patient lie down in the shade, or in a cool room. Loosen the clothing, or remove it and sponge the body with tepid water. Apply cloths wrung out in *hot* water to the head and change them *frequently*. Put hot bricks, or a hot-water bag, to the feet if they are cold. As soon as the patient can swallow, give hot milk, beef-tea or coffee in small quantities.

**Tonsilitis, or Quinsy.**

*Aconite*.—High fever; headache; restlessness; thirst; feeling of dryness and roughness in throat. A dose every hour.

*Belladonna*.—Redness, rawness and dryness of throat; flushed face; headache in forehead; difficult and painful swallowing; tonsils bright red and swollen. A dose every hour.

*Baryta Carb. 3x*.—Sensation as of a plug in the throat; raw, scraping, smarting, or shooting pains on swallowing. Used early will often prevent suppuration. A dose every two hours.

*Mercurius Bin.*—Throat and tonsils red and swollen; copious secretion of mucus; grayish patches in throat; glands swollen; swallowing frequent and painful; fetid breath; profuse perspiration, especially at night. A dose every two or three hours.

*Hepar Sulph.*—Tonsils much swollen, with sharp, splinter-like, or throbbing pains. Give at first signs of suppuration. A dose every two hours.

*Kali Bich.*—Copious secretion and discharge of ropy, tenacious, stringy mucus, with much swelling of the tonsils, and offensive, cheesy exudation. A dose every two or three hours.

*Arsenicum*.—Dryness, burning, and feeling of constriction in throat; difficult swallowing; burning thirst; throat putrid and gangrenous; great prostration. A dose every two or three hours.

See, also, "Diphtheria" and "Sore Throat," pp. 48, 90.

**GENERAL DIRECTIONS.**

If the attack is at all severe, consult an experienced physician. Small pieces of ice in the mouth are often grateful in the beginning; later, inhalations of steam give great relief. Gargle



and spray the throat as directed under "Sore Throat," p. 90. Give liquid nourishment—milk, broths, beef-tea, egg noggs, etc., every two hours.

### Toothache.

*Plantago Ix.*—Great sensitiveness of the teeth, and feeling of elongation; pain worse from cold air or contact; neuralgic form. A dose every ten minutes, if necessary.

*Chamomilla.*—Toothache from a draught, suppressed perspiration, or mental emotions; jerking, shooting, tearing, intolerable pains, affecting the whole side of the face; worse after eating, from warmth, and at night; especially in children. A dose every fifteen minutes to an hour.

*Mercurius Vivus.*—Decayed teeth, with tearing pains, extending to the glands and ears; worse from cold food or drink; cool, damp air, or the warmth of the bed. A dose every one or two hours.

*Belladonna.*—Drawing, cutting, or shooting pains in the teeth, face and ears; worse at night, in the open air, or when lying down. A dose every fifteen minutes to one or two hours.

*Pulsatilla.*—Throbbing or digging pains, extending from the decayed tooth to the eye; worse at night, in a warm room, from warm drinks or food; better in cold air and from cold drinks. Toothache especially in quiet, sensitive women.

### GENERAL DIRECTIONS.

If the tooth is decayed, consult a dentist. Temporarily insert a pledget of cotton, wet with *Plantago Ix*, into the cavity, and rub the dilution on the gums. Avoid the use of tea, coffee, stimulants or tobacco, or very hot or cold food or drink. Consult the article on "Care of the Teeth," p. 13.

### Typhoid Fever.

Like scarlet fever, typhoid fever is a disease which, as soon as recognized, should be *immediately* given over to the care of a competent physician. Summon, also, a trained nurse, for skilled nursing is at least half the battle in cases of this kind. To enable the reader to distinguish this disease, to which children and young people are more susceptible than adults, the following leading symptoms are given: In the beginning, slight headache, chilliness, languor, loss of appetite, constipation, and often bleeding from the nose. A few days later, fever develops, with dry, hot skin, restlessness, thirst, and a rapid pulse; the abdomen becomes more or less distended and is sensitive to pressure; successive crops of rose-colored spots appear, and as the disease advances, constipation may be followed by a "pea-soup" diarrhoea. Cerebral excitement is present, ending in a low, muttering delirium, the patient constantly picking at the bed-clothes. The teeth and gums are covered with a brown, sticky deposit, and the tongue,—at first red, then furred white,—becomes brown and dry. There is marked emaciation, and a dull, leaden hue to the countenance.

The temperature is the most reliable guide in this disease, but its significance can hardly be appreciated by the untrained mind. In typhoid a certain portion of the lining membrane of the intestines is affected, and the danger is from ulceration, perforation, hemorrhage and collapse. Pneumonia may also become a serious complication.

As in scarletina, it is assumed that home treatment will not be attempted, except when the services of a competent physician cannot be secured.

*Aconite*.—In the beginning only; fever; headache; hot, dry skin; full, quick pulse; loss of appetite; tongue coated yellowish white. A dose every one or two hours.

*Bryonia*.—Dull pain in head; patient shows a disinclination to be moved; seems stupefied, or else is delirious night and day; has strange fancies, and wants to escape; tongue darker in color; lips parched; thirst, vomiting, and tenderness at pit of stomach; *constipation*. A dose every two hours.

*Rhus Tox*.—May follow, or be given in alternation with *Bryonia*. Mind dull and clouded; muttering or active delirium; tongue brown and dry, with a red tip; lips, teeth and gums covered by a brownish deposit; much prostration; pulse weak and slow; muscular soreness and stiffness of the extremities; abdomen bloated; copious, yellow, involuntary evacuations. A dose every two hours.

*Belladonna*.—Great cerebral congestion and furious delirium, especially in children. A dose every hour.

*Arsenicum*.—Extreme prostration and emaciation; pulse small, thready and weak; breath and discharges very fetid; collapse. A dose every half to two hours.

#### GENERAL DIRECTIONS.

Milk (six or eight ounces every two hours,) is the safest and best food when easily retained and taken with readiness. Lamb or chicken broths, *free from solid particles*, may be given when milk is distasteful. Ice cream is also borne well. *No matter how hungry the patient becomes during convalescence, let the return to solid food be made with the greatest caution; diet is of supreme importance. Errors in this respect frequently cause fatal relapses or long, tedious weeks*

*of illness.* See directions under "Scarlet Fever," p. 86, as to diet and nursing. Otis Clapp & Son's *Pure Grape Juice* (see p. 140) is an excellent form of liquid nourishment. All discharges must be thoroughly disinfected. Sponging the body several times daily will reduce the temperature (see "Baths," p. 15). Use hot fomentations, upon which a few drops of turpentine have been sprinkled, for distention of the abdomen. Deposits on the teeth and gums should be removed gently every morning with bits of absorbent cotton wound on toothpicks and dipped in lemon juice and glycerine. *Never allow the patient to get out of bed on any pretense whatever; the consequences may be most serious.* A bed-pan (see p. 149) must be used. A skillful, conscientious, trained nurse is worth her weight in gold in these cases.

### Ulcers.

*Arsenicum.*—Intense, burning, shooting pains; bloody, or thin, acrid discharge; raw-looking, inflamed surface. A dose every two hours.

*Belladonna.*—Painful ulcers, having an erysipelatous blush. A dose every two hours.

*Kali Bich.*—Deep ulcers on the leg, with hard bases and overhanging edges. A dose every three hours.

*Mercurius Vivus.*—Superficial ulcers, spreading rapidly, with thin, corroding, offensive discharge of watery pus. A dose every three hours.

*Crotalus.*—Skin about ulcer pimply, mottled, dark-blue, or purple; ulcers threatening to involve veins. A dose every four hours.


*Sulphur.*—Especially useful for chronic ulcers in scrofulous people; excessive itching, with burning pains; thick yellow, or thin, offensive discharge. A dose three times a day.

## GENERAL REMARKS.

Keep the affected part at rest and elevated. Wet a piece of soft cloth with *Calendula-lotion*, and lay it over the ulcer; cover with oiled silk, or a dry cloth, and bandage lightly. Consult a physician.

**Vaccination.**

Vaccination, *properly performed*, is generally conceded to be of great value as a preventive of small-pox. A child may be vaccinated when about three or four months old, or earlier, and again at puberty. It is of the *greatest importance* that the vaccine point used should be obtained from a reliable firm.

Assuming that this has been done, prepare the surface for the vaccine matter by scarifying the skin with the vaccine point in this way: . It is not necessary to do this so vigorously as to cause bleeding. The prepared surface *should not exceed in size* the representation given above. To apply the virus, dip the vaccine point in cold water, and gently rub first one side and then the other upon the spot chosen. Let it dry thoroughly before coming in contact with the clothing. If the operation should not prove successful, it can be repeated in ten days. This is preferable to causing a number of sores, or a running sore, by vaccinating in several places.

Although the above directions will be found useful, when it is impossible to obtain the services of a medical attendant, it is strongly advised that vaccination should be performed by a physician, instead of by a willing, but incompetent person. Frequently, also, in the case of a child, a physician's certificate is necessary, in order to secure admission to the public schools.

### Varicose Veins.

*Pulsatilla*.—When the condition occurs during pregnancy. A dose night and morning.

*Hamamelis*.—Swelling and inflammation of the veins, with throbbing pain. A dose night and morning.

#### GENERAL DIRECTIONS.

Bathe the affected part with *Hamamelis* (see p. 147), and at night apply cloths wet with the same and covered with oiled silk. An elastic stocking (see p. 153), will be found of great service. If the skin is broken, apply a little *Hamamelis cerate* (see p. 143), spread on a piece of soft linen, or cotton cloth, and lightly bandage. Avoid being on the feet for any length of time. When resting, keep the leg supported in a horizontal position.

### Warts.

Pare the wart, and with a camel's-hair brush apply a saturated solution of *Salicylic Acid and Collodion*, twice a day for a week. Be careful to protect the surrounding tissues from the acid.

A treatment, which requires more perseverance, is that of painting the wart twice a day with the mother tincture of *Thuya*, until the wart disappears. Take two drops of the same remedy internally night and morning.

The juice of the common bean, applied two or three times a day, is said to be very effective.

### Wetting the Bed.

*Belladonna*.—Simple, involuntary passing of urine during sleep, especially in nervous, excitable children. The leading remedy. A dose three times a day.

*Cina*.—When the trouble is due to worms. A dose three times a day.

*Causticum*.—Involuntary spurting of urine, during coughing, laughing, or sneezing. A dose three times a day.

*Benzoic Acid 3x*.—Irritable bladder, with dribbling of high-colored, strong-smelling urine. A dose three times a day.

*Mercurius Vivus*.—Incontinence from cold. A dose three times a day.

#### GENERAL DIRECTIONS.

Accustom children to pass water at regular intervals. The daily cold sponge bath should be accompanied by brisk friction over the entire surface of the body; for this purpose a Quilted Hair Bath and Flesh Brush (see p. 162) will be found especially desirable, as, when properly used, it is not too harsh for a child's skin. Frequent sponging of the abdomen with cold water is beneficial. The diet should be unstimulating, and the amount of liquids moderate. *Never* give a child tea or coffee.

#### Worms.

*Cina*.—Pin worms, with picking at the nose; canine hunger, or variable appetite; hard, distended abdomen; mucous stools, often mixed with worms; colicky pains in the bowels; great itching of the anus; milky urine, often passed involuntarily at night; livid circles about the eyes; restlessness, and grinding of the teeth in sleep. A dose three times a day.

*Santonine 2x*.—Symptoms similar to those given above. An excellent remedy for pin-worms, and especially for round-worms. A dose three times a day. *Cina* is to be preferred for very young children.

*Teucrium Ix.*—Pin-worms, with much irritation and itching of the anus; picking at the nose; offensive breath; capricious appetite; straining at stool; colicky pains in the abdomen; disturbed sleep. A dose three times a day.

*Mercurius Cor.*—Slimy, tenacious, mucous stools, with pain and distended, hard abdomen; excessive secretion of saliva. A dose morning and evening for a week.

#### GENERAL DIRECTIONS.

Apply lard or *Petrolatum* daily to the anus, and to the surface and between the folds of the first inch of the rectum. Continue this treatment ten days; longer if necessary. To effect a permanent cure treat the constitutional condition, upon which the absence or presence of the worms depends. Avoid pork, veal, or underdone meats of any kind; improperly cooked vegetables; pastry, sweets, or stimulants. Use salt freely at every meal. Bathe with cold water daily, and exercise in the open air. Consult a physician when the case does not yield readily to home treatment, or when the presence of a tape-worm is suspected.

#### Wounds.

Cuts are the unexpected, frequently happening and generally annoying, even when not serious. Every household should possess a small supply of styptic and absorbent cotton, adhesive and court plasters, and a few bandages (see pp. 155-156). These should be kept in a suitable place, known to each member of the family. The first cost of these articles is nothing, compared to the great convenience and importance of having them at hand when needed.



A slight cut should be washed in cold water, and a small piece of calendulated court plaster applied when the bleeding ceases. If bleeding continues, use styptic cotton.

Deeper cuts should be sponged clean with an antiseptic wash, if possible, (see p. 158,) and narrow strips of adhesive plaster applied to hold the lips of the wound together; cover with a pad of styptic or absorbent cotton, and bandage firmly. In changing a dressing, soften the old one with an antiseptic wash; remove gently, and make an entirely fresh application.

In the case of a wound made by a rusty nail, encourage bleeding by placing the injured part in warm water; dress with a pad of lint or gauze, wet with ten or fifteen drops *Calendula tincture* (see p. 146) to an ounce of water, and bandage.

Bleeding from a vein can be checked by a stream of cold or very hot water; by ice, pressure, and elevating the part.

*Blood from a vein is dark, and flows steadily; blood from an artery is bright red, and spurts out in jets.* In the latter case, lose no time. If a limb is injured, grasp it firmly above the wound, *i. e.*, on the side nearest the heart; apply at this point a knotted handkerchief, or a strong strip of cloth, bringing the knot over the artery. To tighten this improvised tourniquet, insert a stick in the knot and twist it about, once or twice. Summon surgical aid.

## PART III.

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### Medicines.

The medicines mentioned in this book are prepared in one or more of the following forms, viz.: dilutions, disks, pellets, triturations, or tablets. These remedies are the most important ones in our medical armory, and can be obtained separately, or in the much more desirable form of cases, containing anywhere from twelve to sixty remedies of the proper potency, arranged for household use. In further preparing dilutions, drop ten drops into half a glass of fresh water. Stir thoroughly, and take one teaspoonful for a dose as often as directed. Keep the glass covered and in a cool place. If disks or pellets are used, two of the former and six of the latter are sufficient for a dose. Of the powdered form, or trituration, take for a dose what can be held on the point of a pen-knife. Tablets should be preferred to triturations, as an exact quantity can be easily administered. One tablet is generally a dose.

In whatever form medicine is given it must be the *indicated* remedy, and obtained from a *responsible firm*. Reliable preparations are worth almost any sum, while inferior ones are dear at any price; they prove either *inert* or *positively injurious*. Many medicines deteriorate with age; it is therefore well to deal with a firm doing a large business, as well as one thoroughly reliable, as the stock of goods will naturally be frequently renewed.

Having selected the appropriate remedy take it exactly as directed. Regularity is of great importance. If neglected when due, do not think to repair the error by doubling the dose. Do not expect even the proper remedy properly administered to effect a cure if ordinary hygienic rules are not observed. Follow the "Rules of Health" (see p. 9) given in this book.

### Medicine Chests.

The possession of a medicine-chest does not necessarily mean that each family must become its own physician. It should mean, however, that instead of a few drugs scattered about the house, and never at hand when wanted, many necessary remedies will be grouped together in one place, ready for use in all simple ailments. It is believed that this little book will teach readers, not only how to use the remedies suggested, but also how important it is, under certain conditions, to rely entirely upon the skill of a good doctor as regards the prescribing of medicines. But granting and advocating this, a well-fitted medicine-chest will still be a great protection, if wisely resorted to in time of need, to the exclusion of most patent medicines and other concoctions. The original cost will soon seem small, as the months go by and the value of such an equipment begins to be evident.

For these reasons the reader's attention is called to pp. 131-132, where exact information is given as to the style, size and price of various cases for home use, and also the cost of single vials filled with any remedy that may be desired.

### List of Remedies.

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Aconitum napellus	Hamamelis
Æsculus	Hepar sulphuris
Antimonium crudum	Hydrastis
Apis mellifica	Ignatia
Arnica montana	Ipecacuanha
Arsenicum album	Iris versicolor
Belladonna	Kali bichromicum
Bryonia	Leptandra
Calcarea carbonica	Lycopodium
Camphor	Magnesia phosphorica
Cantharis	Mercurius biniodide
Carbo vegetabilis	Mercurius corrosivus
Causticum	Mercurius vivus
Chamomilla	Nux vomica
China	Opium
Cimicifuga	Phosphorus
Cina	Phytolacca
Coffea cruda	Podophyllum
Collinsonia	Pulsatilla
Colocynthis	Rhus toxicodendron
Crotalus	Sanguinaria
Cuprum	Santonine
Digitalis	Sepia
Drosera	Silicea
Dulcamara	Spigelia
Euphrasia	Spongia
Ferrum phosphoricum	Sulphur
Gelsemium	Tartar emetic
Glonoine	Veratrum album
Graphites	Viburnum opulus

## MATERIA MEDICA.

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### **Aconitum Napellus.**

Decided chill, followed by dry, burning heat of skin; full, rapid, bounding pulse; great restlessness, thirst and anxiety. Every motion makes the patient chilly, yet he tosses about constantly.

Symptoms worse from motion; at night and in warm room; better in the open air; during the day and after perspiring.

Useful in first stages of all affections caused by sudden weather changes from warm to cold, or by suppressed perspiration; in neuralgia and acute muscular rheumatism, caused by dry, cold winds; where affected parts are hot, swollen and numb; with tingling, agonizing pains; great restlessness and sensitiveness to touch; also in suppression of menses from fear, fright, or exposure to cold, especially in full-blooded women. The *Aconite* cough is hard, dry, ringing, hoarse and croupy.

### **Æsculus.**

Very useful for blind piles, with severe aching pain in the small of the back as if back would break; great dryness and heat in the rectum and anus; severe pain in the anus, like a knife sawing backward and forward; anus feels as if full of small sticks; patient cannot sit, stand, or lie down; constipation, with protrusion of anus; stools hard and knotted.

Symptoms worse from stool and walking: better from rest.

### **Antimonium Crudum.**

This remedy is indicated in affections of the mucous membrane of the stomach and alimentary canal when there is an excessive secretion of mucus, and when the tongue is heavily coated and milky white.

Symptoms worse from cold air or water, and in the evening.

Useful in indigestion and gastric cartarrh, with sadness and irritability, drowsiness, loss of appetite and strength;

disgust for all food, longing for acids; intense thirst; nausea; bowels loose, with watery stools and foetid flatulency; mucous discharge from the anus; the most marked symptoms in these cases being the thick, milky-white coating on the tongue; also, useful for corns or callosities, and for brittle nails. *Antimonium Crudum* is frequently in use in correcting the unhealthy condition of the digestive organs which favors the production of worms.

### **Apis Mellifica.**

Especially indicated in rapid swellings, with redness, burning and stinging pains; in dropsy of any part of the body, and in dropsical, left-sided inflammations of the throat, mouth, tonsils, or ovaries.

Symptoms worse nights; in cold weather; in an overheated room: better in open air; from washing in cold water.

Useful in sudden dropsical swellings about the vocal chords, with suffocative breathing,—or in the upper part of the throat, with swollen tonsils, redness, burning and stinging pains; in dropsy, with dark, scanty urine; waxy paleness of the skin; hands, legs and feet greatly swollen; in inflammation and dropsy of the ovaries, with burning, stinging pains; also, in nettle-rash; pinkish-white welts, which itch and sting intolerably.

### **Arnica Montana.**

Bruised, sore feeling, as if body had been pounded; skin very sensitive to pressure; bed feels too hard.

Symptoms worse at night, and from cold, dampness, and exertion: better during the day and in the open air.

Useful after over-exertion, when muscles are lame and stiff; after bleeding from injuries; for bruises, strains, or sprains, jarred sensations, from falls and rheumatism, from over-work out of doors in cold, damp weather; also, in indigestion, with drowsiness and headache after eating, shining tongue, foul breath, and gas from stomach, tasting like rotten eggs.

### **Arsenicum Album.**

Rapid loss of strength and flesh, extreme weakness and debility; burning pains, great anguish, and fear of death; paroxysms of pain, with trembling, cold sweats and prostration; great thirst for a little cold water, frequently,—often vomited as soon as drunk. Tip and edges of tongue bright red and dry, face pale and sunken, pulse small and irregular.

Symptoms worse at night, from cold damp air, cold food and drinks; partially relieved by warmth and warm drinks.

Useful in neuralgia, with debility, great restlessness, burning, needle-like pains, often intermittent, worse at night and at rest; in bran-like, scaly eruptions, which burn like fire, and itch intolerably; for palpitation of heart, with difficulty in breathing, sharp, agonizing pain, great irritability, and anxiety; patient cannot lie down, nor ascend stairs; also, in diarrhœa, with frequent, small, painless, watery evacuations, very offensive, accompanied by intense burning in the stomach and bowels and followed by excessive prostration; the stomach symptoms are often prominent,—nausea, vomiting and burning sensations being especially marked.

### **Belladonna.**

Congestion of blood to various parts; to head, causing throbbing headache; worse from motion, touch, light, and noise. A child moans, starts, and cries out suddenly in sleep; bores head into pillow, skin is dry, hot, and red, and the pupils are dilated. In fever, very hot skin; often copious, hot, sour perspiration, which gives no relief; pulse full and hard; tongue white, with red points.

Symptoms worse toward night; and from noise, light, and slightest jar or motion: better during day and in a warm room.

Useful in colds, with hard, dry, tearing cough; worse from drinking and motion; throat bright red, swollen and very dry; in stiff neck, from washing hair; in erysipelas when skin is red, smooth, shining and tense, with shooting, stinging pains; in sudden inflammation of breasts, when hard, hot, red, and swollen; also, for children who pass water involuntarily in sleep.

### **Bryonia.**

Stitching, tearing pains, increased by motion, relieved by rest; head aches as if it would burst; worse from stooping, relieved by pressure; intense thirst for large quantities of cold water at long intervals; high fever and chilliness; extreme irritability; obstinate constipation; stools large, hard, dry and brown.

Symptoms worse at night, from motion, noises, and in hot weather: better in daytime, during rest and after perspiration.

Useful in rheumatism when muscles or joints are swollen; hot, shining, sensitive to slightest touch or mo-

tion; in high fever, with sharp, stitching pains in chest; hard, dry cough, with scanty, tenacious, rusty expectoration; in summer, diarrhœa, caused by cold drinks, vegetable foods or getting over-heated; stools worse in morning on rising and moving about; also, in milk fever, with chilliness, headache, coated tongue, bitter taste, and aching in back and limbs; breasts hard and tender.

### **Calcarea Carbonica.**

Fair, pale children, with soft, flabby muscles; hair like tow; head large and perspires freely, wetting the pillow during sleep; child grows fat at an early age, or becomes much emaciated, with swollen abdomen, looking like a saucer turned bottom up.

Symptoms worse from getting wet; from cold, damp air, especially east winds: better in dry, warm weather.

Useful when children cut teeth and learn to walk slowly and with difficulty; when child grows thin; craves eggs; smells sour; vomits milk in sour curds; has profuse, painless, sour, watery diarrhœa; also, for women with profuse, whitish discharge, or menses occurring too often, too profusely, and lasting too long.

### **Camphor.**

Especially useful in the first stages of cholera and cholera morbus; body, tongue, nose, and ears very cold; long-lasting chills; extremities cold and blue, with cramps; eyes sunken; voice husky; great prostration; watery diarrhœa; also, in first stage after taking cold, when patient feels chilly, shivery; the nose is stuffed up, and the air in breathing feels cold.

Symptoms worse from cold; cold, damp air; motion; at night: better from warm air; in open air.

### **Cantharis.**

Pains in loins, kidneys and abdomen; violent urging to urinate; urine passes in drops, each drop feels like molten lead; intense pain; aching in small of back; urine scanty and high-colored.

Symptoms worse after drinking cold water, and during and after urinating: better from warmth and friction.

Useful for above-mentioned symptoms; also, in intense sexual excitement, either sex; in burns, with large, watery blisters; in diarrhœa, with bladder symptoms, and blood-streaked stools, like scrapings of the bowels; in chronic eruptions, with vesication, when the body seems to be one raw sore.



### Carbo Vegetabilis.

Indigestion; stomach feels full, after eating a few mouthfuls; burning sensations, spasmodic pains; great accumulation of gas, which escapes constantly by mouth and rectum.

Symptoms worse in the morning; in warm, damp weather; after fat food: better in the evening; after passing gas and in cool weather.

Useful for above-mentioned symptoms; also, for thin, watery, slimy, putrid, morning diarrhœa, with straining, urging to stool and flatulence; for collapse, following diarrhœa,—face bluish; breath, body (especially legs) cold; abdomen filled with gas; great prostration and desire for air.

### Causticum.

Paralysis of the bladder; involuntary urination, while coughing, or sneezing; paralysis of the eye-lids, with heat, burning, feeling of sand in the eyes; double vision; paralysis of face, or of tongue, lips and throat, due to exposure to dry, cold winds.

Symptoms worse at night: better from cold drinks.

Useful in loss of voice, dryness and sensitiveness of larynx, morning hoarseness, rawness and scraping sensation in larynx and chest; dry, hollow, annoying cough, relieved by a cold drink; for children who pass water involuntarily during first sleep.

### Chamomilla.

Snappish irritability; cannot speak a pleasant word; becomes almost furious about pain; violent rheumatic pains, unbearable, driving patient out of bed. The *Chamomilla* child is fretful, peevish, cries for different things, then throws them away; starts and twitches in sleep; has flushed face, or one cheek pale and the other red.

Symptoms worse at night; from cold and anger: better during warm, wet weather; from coffee and fasting.

Useful for teething child, with flushed face; sour breath and diarrhœa; distended abdomen; colicky pains; stools green as grass, slimy, and smelling like rotten eggs; for painful menstruation, with irritability; bearing down and neuralgic pains; dark, clotted, profuse discharge; also, for suppression of milk from ~~getting~~ very angry.

### China.

Acute, malarial, intermittent fevers; paroxysms occur a little earlier every day, or every other day; three well-marked stages, viz.: chill, fever, followed by copious perspiration and desire for a little cold water frequently; jaundice from malaria, often with bilious vomiting; tendency to gall-stones; urine dark, yellow, scanty, with brick-dust sediment.

Symptoms worse every other day; from slightest draught of air; cold, motion, touch, eating and drinking; loss of vital fluids: better from warmth and rest.

Useful in profuse bleeding of dark, clotted blood, with coldness of face; collapse; deafness, ringing in the ears, congestive, throbbing headache; in debility after exhausting diarrhoea; copious night sweats; over-secretion of milk; loss of blood or semen; in indigestion, with fullness and distension of stomach after a few mouthfuls of food, *not* relieved by raising wind; excessive hunger or no appetite; sensation of a lump in lower part of throat; much gas and acidity; bitter taste; tongue coated yellow.

### Cimicifuga.

Nervousness, sleeplessness, mental depression; fear of insanity; severe headache in top and back of head, extending down spine; hysterical; restlessness; intense, sore, aching pain in eye-balls.

Symptoms worse in morning; from motion, cold air, and during menstruation: better in warm, open air; from warmth and rest.

Especially useful in neuralgic and rheumatic affections of the uterus and ovaries, with above-mentioned symptoms; profound melancholly; difficult, irregular menstruation, too scanty or too profuse; spasmodic bearing-down pains; tenderness over the ovaries; also, in rheumatism of the fleshy parts of the muscles, muscular soreness in limbs, violent pain in the small of the back.

### Cina.

Cross, irritable, peevish children, fretting and crying constantly; restless and grinding teeth when asleep; child wakes in a fright, screams and trembles; picks at nose continually; has constant hunger or variable appetite; hard, distended abdomen; mucous stools, often mixed with worms; great itching of anus; urine milky, passed involuntarily at night, staining sheets yellow; sometimes hoarse, gagging, nervous cough, lasting for months and caused by worms.

Symptoms worse at night, when yawning and from pressure: better during day, from cold and motion.

### **Coffea Cruda.**

Great sensitiveness to pain; cannot bear to be touched; nervous excitement; increased ability to hear, smell, taste and touch; headache as if a nail had been driven into the brain, the pain sometimes one-sided; sleeplessness from excitement.

Symptoms worse in cold, open air; from strong smells, touch, noise, light, and violent emotion: better at night; from warmth and rest.

Useful when patient is quiet; sleepless; all the senses acute; hears distant noises clearly; the mind is active with plans and fancies; next day, brain-fag; trembling; dull headache.

### **Collinsonia.**

Painful disturbances of the nerve supply of the bowels and passive congestion, as in constipation, piles, diarrhoea, and dysentery.

Symptoms worse in afternoon, evening, and in open air: relieved by warmth and rest.

Useful for old, obstinate piles, with sensation in the rectum, as if sticks, sand, or gravel had lodged there, with constipation, severe weight in rectum, discharges of dark blood, or chronic diarrhoea, severe colicky pains, mucous or bloody stools; in constipation and piles, with rapid, irregular pulse, aggravated by motion or excitement; faintness, difficult breathing, and prostration.

### **Colocynthis.**

Intense neuralgia in head, heat-swelling, severe tearing pains, worse from touch and motion, better from warmth and rest; sciatica, with sharp, spasmodic attacks of pain, shooting to the feet with crampy pains as if the parts were screwed in a vise; relieved by warmth and rest; neuralgic pains in the hip joint; cramps of different muscles.

Symptoms worse at night; from anger, fright; eating, drinking, and motion: better from coffee and smoking; in colic, from bending body double, and pressing hard on bowels.

Especially useful in violent, agonizing colic in bowels, bending body double, great restlessness and moaning; in bloody diarrhoea and dysentery, with mucous and

bloody stools, increased by food and drink; severe colicky pains; the seat of the disease is in the small intestines.

### **Crotalus.**

Useful in malignant local inflammations, such as bed sores, with bluish edges, indicating impending breaking down and sloughing of the tissues; in carbuncles and boils, dark-red and angry looking, with violent burning and throbbing pains; also, in the malignant forms of erysipelas, blood poisoning, and gangrene, with profound and rapid prostration of the vital forces.

*Lachesis* belongs to the same family, the snake poisons, and resembles *Crotalus* in its action.

### **Cuprum.**

Cramps in legs and feet; spasms from suppressed eruptions, with vomiting; face cold, lips blue, general coldness.

Symptoms worse at night; from vomiting: relieved by drinking cold water; perspiring.

Useful in cholera infantum, with cramps and pains in the stomach and bowels; nausea, violent vomiting; abdomen tense, hot, tender; copious greenish diarrhoea; in cholera, with unconsciousness; spasmodic cramps of fingers and toes; loud gurgling, and violent cramps in bowels; lessened discharges, showing paralysis of intestines; tendency to collapse; in whooping cough, with long-continued paroxysms of convulsive coughing; vomiting of mucus; difficult breathing; a swallow of cold water relieves; in epilepsy, with paleness of face, dizziness, great debility; violent convulsions, occurring at night.

### **Digitalis.**

Greatest heart tonic known; slow, feeble intermittent pulse; dropsy of internal and external parts from heart trouble; jaundice, with bitter taste; drowsiness; white, ashy stools; obstinate constipation; enlarged liver, feels sore and bruised; urine scanty, high-colored; nausea in morning, and from smell of food; motion causes vomiting, with great faintness.

Symptoms worse from lying down; motion; cold; after sleep; extreme heat: better sitting up; during rest; in medium warm air.

Useful in uneasiness, tightness, sharp pains about heart; violent palpitation on least movement; pulse and breathing slow; face bluish; sleep restless; cannot lie down;

better sitting up; in chronic bronchitis and pneumonia in old people, with prune juice expectoration; loose, rattling, asthmatic cough; difficult breathing; face bluish; pulse feeble.

### **Drosera.**

Especially useful in whooping-cough, with hoarse, barking cough in severe paroxysms, sometimes with bleeding from nose and mouth; cough so spasmodic, patient can hardly get his breath; no fever, or fever and chills mixed, with perspiration; vomiting of food or mucus after coughing.

### **Dulcamara.**

Skin delicate, sensitive to cold, liable to eruptions from exposure to cold, damp air; nettle-rash all over the body; neck stiff from taking cold; back painful; general soreness, with drawing, tearing pains.

Symptoms worse at night; during rest; in cold, damp weather: better from warm, dry air.

Useful in diarrhoea in cold, damp weather, or in summer when weather grows cool suddenly; green, watery, mucous stools, preceded by cutting pains; in paralysis from lying on damp ground; in catarrhal and rheumatic diseases brought on by cold, damp, rainy weather.

### **Euphrasia.**

Acts especially upon the mucous (lining) membrane of the eye-lids, nose, throat, and bronchial tubes.

Symptoms worse in bed; in warm air; evenings, and from light: better in open air and in dark.

Useful in acute, catarrhal inflammation of the eyes, with copious, acrid secretions, thick and irritating; the tears scald the lids and cheeks; swollen lids; great aversion to light: in common cold with running, scalding tears; copious, thin, bland discharges from nose; lining of nose swollen and inflamed.

### **Ferrum Phosphoricum.**

Characterized by great debility, with rush of blood to the head, dizziness, and palpitation upon the least exertion. There is great weakness of the entire muscular system, with weak digestion and cold extremities.

Symptoms worse mornings; while at rest; when sitting still, and from noise: better during the day, and from slow exercise.

Useful in inflammation of the eyes, with redness and pain, and feeling as of sand under the lids, marked aver-

sion to light; in bleeding from the nose, difficult to control and recurring frequently; in the first stage of inflammatory conditions of the chest; in rheumatism of the shoulder, with lame, tearing pains, worse in bed, patient can not raise his arm; in chronic, watery diarrhœa, stools copious, frequently undigested, and accompanied by vomiting; also, when the menses are too frequent, too profuse, and last too long, the patient's face being of a fiery red color, and the general condition, one of debility and lack of strength.

### Gelsemium.

Intermittent fever, with marked nervous symptoms; intolerance of light and noise; drowsiness, dullness, and dizziness; soreness of muscles; absence of thirst; great restlessness; partial sweat, which relieves pain; diarrhœa, from fear, fright, or other emotional excitement; sudden, copious, yellow, creamy stools; intense congestion of the brain in children, during dentition; very restless, cannot sleep.

Symptoms worse from warmth in bed; rest; sudden emotions; damp, changeable weather: better from cold; cold, open air; continued motion.

Useful in nervous headache, in nervous people; dull, heavy ache, with heavy eye-lids; pain commences in nape of neck and spreads over the head; worse in the morning; patient listless, stupid; face dark red: in catarrhal fever; chills run up and down the back; patient hugs the fire; watery, excoriating discharge from the nose and sneezing: also, in nervous cramp in muscles of forearm; writer's cramp, etc.; paralysis, following diphtheria.

### Glonoine.

Congestion; flushes of heat in the head, with violent, throbbing headache, relieved by pressure; vertigo, fainting; often nausea and vomiting; cold feet and hands; violent action of the heart; sharp, stabbing pains; pulsations over the whole body, even in the fingers; throbbing in the arteries.

Symptoms worse from motion and heat; cannot walk in the sun, or be over a hot stove: better at night; in open, cool air; from gentle exercise.

Especially useful for sunstroke, with bursting headache and severe pain; dullness; delirium; stupor; palpitation of the heart; great restlessness; pale face; full, round pulse.

### Graphites.

Skin diseases, with moist, sticky eruptions, fissures and cracks; soreness in bends of limbs, groins, neck, and behind the ears; unhealthy skin; every injury suppurates; lymphatic glands swell and harden; eyelids become inflamed, edges of lids crack and bleed; tendency to many styas.

Symptoms worse at night; during menstruation; from light and motion: better in the dark; from warmth and walking in the open air.

Useful in scanty, delayed menstruation, with obstinate constipation; especially in fair, sad, fleshy women; in copious, watery, very acrid, whitish discharge; in indigestion, with burning, crampy pains, relieved by eating; aversion to meat; clothes feel too tight; distention; eructations of putrid gas: in constipation, with no desire for stool; hard, lumpy stools, with mucus; smarting, sore pains in arms.

### Hamamelis.

Passive bleeding from veins; all parts of the body,—nose, lungs, stomach, or bowels; neuralgia of the testicles, worse nights and in damp weather, or inflammation, with great swelling and tenderness; neuralgia or inflammation of the ovaries, with cutting, tearing pains; swelling and tenderness on pressure; use locally and internally.

Symptoms worse from touch; in damp weather; at night: better by rest; in fine, dry weather.

Especially useful for swollen, knotted, tortuous veins of the limbs, with great tenderness; can not bear to be touched: also, in acute inflammation of veins; use locally and internally.

### Hepar Sulphuris.

Extreme sensitiveness to slightest touch, noise, draft, or open air; can not bear to be uncovered: scrofulous people, with enlarged glands that tend to suppurate: indigestion, with craving for acids; hunger and gnawing: distention of abdomen; can not bear clothes tight.

Symptoms worse at night; from cold winds; cold food; open air: better mornings; from warmth; warm air; warm, wet weather.

Especially useful in croup (after *Aconite* and *Spongia*), when cough gets loose and rattling; great hoarseness and sensitiveness to cold air, cold water; takes cold easily: in chronic catarrh of the nose and upper part of throat, with great secretion of mucus: in chronic bronchitis, with violent, loose cough; copious, muco-purulent

expectoration; much hoarseness and soreness of chest; difficult breathing. *Hepar* given early for whitlow will arrest it; given later, greatly hastens suppuration.

### **Hydrastis.**

Relaxed mucous membranes, with thick, yellowish, ropy secretions; in stomach-ulceration, cancer, or chronic gastric catarrh; nasal catarrh, with thick, yellow, tenacious discharge dropping back into throat.

Especially useful in inflammation of the mouth, and in chronic constipation without other special disease in debilitated people, imperfectly nourished, easily tired: in indigestion, with bad appetite; weak digestion; sour eructations; feeling of goneness in pit of stomach; tongue large, flabby, slimy, with yellow, sticky fur: a valuable injection, diluted one-half with water, in gonorrhœa, after *Aconite* has subdued the acute stage.

### **Ignatia.**

Silent grief, as from disappointed affection; patient broods over sorrow; frequent involuntary sighing; stomach feels empty; flatulence; great sleeplessness from grief; sensation of a lump in the throat relieved by swallowing.

Symptoms worse from motion, artificial warmth, anger, fright, anxiety; strong smells; open air: better from hard pressure; eating; lying on the back; changing position.

Useful in hysteria, with spasmodic laughing, ending in screaming; face flushes on emotion; lumps in the throat; spasms; flatulence: in nervous headaches, with heaviness of head relieved by stooping; pain as if a nail were driven into the side of head; eyes ache; great sensitiveness to external impressions: in diarrhœa from emotional excitement or grief; constant desire for stool; no stool, but rectum protrudes.

### **Ipecacuanha.**

Gastric diseases, with constant nausea and a clean tongue; indigestion from fat foods, pork, pastry, candy, etc.; stomach relaxed: intense nausea; profuse flow of watery saliva; vomiting of large quantities of tenacious, white, glairy mucus: acute dysentery, with copious, watery, green stools of blood and mucus, or pure blood: constant nausea: one-sided headache, as if the bones of the head were crushed; deathly nausea; very pale face.

Symptoms worse after vomiting; lying down: better by rest.

Useful in above-mentioned symptoms; in bronchitis, especially in children, with wheezing, difficult breathing;



- much nausea and vomiting of mucus: loose cough and rattling of mucus in bronchial tubes and chest; face pale or bluish; cough incessant: in whooping-cough; gagging and vomiting of mucus; violent, suffocating cough; child stiff, and blue in the face: also, for continuous flow of bright-red blood after labor or miscarriage; patient cold and pale, with chilliness and nausea.

### **Iris Versicolor.**

Especially useful in sick-headache, with blurring before the eyes, followed by dull, heavy, throbbing pains in the forehead and over the eyes, causing temporary blindness; nausea, acid or bilious vomiting; distress over the liver: in cholera infantum, nausea, sour, or bilious vomiting; copious, watery stools, yellowish-green, making anus raw; worse in the early morning.

Symptoms better from warmth and gentle motion.

### **Kali Bichromicum.**

Especially adapted to fleshy, light-haired people, and to scrofulous, catarrhal, and syphilitic diseases: discharges of tough, stringy mucus from nose, mouth, throat, uterus, vagina, and bowels.

Symptoms worse mornings; after eating; from cold: better in evening; from heat.

Especially useful in membranous and diphtheritic croup; *thick, tenacious* membrane; hoarse, barking cough; voice hoarse, uncertain; swallowing painful; tonsils and larynx red and swollen, with patches of false membrane: wheezing and rattling low down in throat: in chronic catarrh, when lumps of hard, green, tenacious mucus are hawked from back of nose; ulcers in nose which tend to perforate deeply: in common, hard, choking cough, with expectoration of tough, stringy mucus, which sticks to the throat, mouth and lips; voice rough and hoarse; difficult breathing: also, in large ulcer of the leg; hard base; dark centre; overhanging edges.

### **Leptandra.**

Useful in congestion of the liver and chronic diarrhœa; aching and soreness in liver, extending to stomach; much abdominal pain and distention; feeling of goneness in stomach; drowsiness; despondency; profuse, black, tar-like, fetid stools that run in a stream from the bowels, with much colicky pain.

Symptoms worse mornings and during the day: better at night and during rest.

### **Lycopodium.**

Great pain in the back before urination, greatly relieved by passing water; urine diminished in quantity, stains linen yellow, deposits heavy, red, sandy sediment; stone in the bladder, with bloody, dark, fetid urine, and sharp, burning, colicky pains in kidneys.

Symptoms worse especially from 4 to 8 P. M.; from eating or drinking; lying down; getting cold: better after midnight and before noon; from continued motion; warm food or drink.

Useful in indigestion: patient has a good appetite, but feels full to the throat after one mouthful; much gas in bowels, which presses up and makes breathing difficult; sour taste, sour belching, sometimes sour vomiting; clothes feel tight; sensation in abdomen like yeast working: in constipation, with ineffectual urging: stools hard, scanty, passed with great difficulty; the rectum contracts and protrudes during stool; bleeding piles, worse nights.

The *Lycopodium* patient has a weak memory; uses the wrong words; is easily confused about simple things.

### **Magnesia Phosphorica.**

Adapted to purely spasmodic diseases, characterized by darting, spasmodic pains, relieved by pressure and warmth.

Useful in colic, with intense, spasmodic pain, forcing the patient to bend double, with belching of gas, which does not relieve; pains much lessened by hot applications: in spasmodic twitching of the eyelids or facial muscles; in hiccough and spasms in teething children; also, in spasmodic retention of the urine, and in true spasmodic cough, coming on in paroxysms without expectoration.

### **Mercurius.**

This remedy acts especially upon the glandular system; the mucous membranes and certain special organs. It is prepared in several forms; the leading ones are known as *Mercurius vivus*, *corrosivus*, and *biniodide*.

The symptoms of Mercury are worse at night; when warm in bed; during perspiration; in damp, cold weather; from motion, and after sleep: better from rest; during the day and after breakfast.

### **MERCURIUS VIVUS.**

Useful in cold in the head and influenza, with copious, acrid, watery discharge from the nose, making the nose

and lips sore; fullness and stuffiness in the head; frequent sneezing; violent, racking cough; bone-pains; headache, and sore throat: in catarrhal fever, with frequent chills, alternating with heat; constant thirst for cold drinks, and copious night sweats, which give no relief: in jaundice, with thickly coated, flabby tongue; nausea; vomiting; grayish-white, offensive stools, accompanied by a "never-get-done" feeling; skin very yellow; pain in the region of the liver: also, in inflammation of the liver, with fullness and swelling, burning and pricking pain in the region of the liver, worse when lying on the right side; constant thirst; shivering, or perspiring, without relief.

#### MERCURIUS CORROSIVUS.

Useful in inflammation of the iris of the eye, especially when caused by syphilis, with great aversion to light; profuse, excoriating flow of tears, making the cheeks sore; burning, tearing pains in the bones of the eye; sometimes ulceration: also, in diarrhoea and dysentery, with distressing, persistent straining and cutting, colicky pains; copious, watery, or greenish-mucous stools, with a "never-get-done" feeling; urine scanty, red, hot, strong-smelling, or suppressed.

#### MERCURIUS BINIODIDE.

Useful in tonsillitis, throat red and swollen; breath fetid; copious secretion of saliva; ulcers in the mouth; profuse perspiration, worse at night: in the mumps, when the glands are swollen, red and painful, and the jaws stiff: also, in putrid sore throat and diphtheria, with grayish membrane on one or both tonsils and side of throat; the glands swollen; the breath fetid, and the mouth full of sticky, slimy mucus.

#### Nux Vomica.

Especially adapted to diseases caused by and worse from sedentary habits; drugs; highly seasoned, rich food; coffee, tea, alcohol.

Symptoms also worse from anger; slightest touch; motion; narcotics; cold, cold food or water; in open air, and especially at 3 A. M.: better in warm air; warm, wet weather; evenings; during rest.

Useful in headache, as if skull would split, with irritability; dread of mental work; habitual constipation, and sedentary habits; pain worse in open air; from motion and stooping: in indigestion, with sour, bitter taste; great hunger, or no appetite; painful, acid risings from stomach; nausea, sometimes sour vomiting; cannot

bear tight clothing; pressing pain in stomach, after a little food or drink; flatulence: in constipation, with ineffectual urging to stool; stools large, some remains behind: in bleeding, itching piles, keeping patient awake; first constipation, then diarrhoea; blind piles, near anus: in sticking pains, and soreness in liver, with enlargement, from using alcohol, or purgatives: also, in morning sickness, during pregnancy, with great irritability and severe headache.

### Opium.

Diseases where the chief trouble is in the brain, with marked torpor and depression, as in apoplexy, with loss of consciousness; drowsy stupor; labored breathing; face dark red; pupils greatly contracted; pulse full, labored and slow: diseases that originate from fright; the fear of the fright still remains; patient very sleepy, but cannot sleep; bed feels so hard he cannot lie on it.

Symptoms worse during the night and morning; from warmth; anxiety; fear; use of liquor: better from cold; motion; during day and evening.

Especially useful in *complete* torpor of bowels; stools black, hard, lumpy; headache; drowsiness; dizziness, congested face; distended abdomen: very valuable in lead colic, with abdomen hollowed in; pulse slow; obstinate constipation; half-paralyzed condition of bowels and bladder.

### Phosphorus.

Especially indicated in tall, slender, red-haired people with fair skin, sanguine make-up, quick and lively perceptions; in pneumonia and other diseases of the throat and lungs; in great depression, melancholy, and weariness of life from loss of vital fluids; in chronic, watery diarrhoea, very exhausting; stools green or bloody; anus wide open; involuntary stools as soon as anything enters the rectum; violent burning in rectum and anus.

Symptoms worse from cold; motion; after eating; evening until midnight; changes in the weather; lying on back or left side: better lying on right side; during rest; after sleep; from cold food or water.

Useful in hoarseness and rawness of the throat, worse in the evening, with sometimes loss of voice; dry, hacking, painful cough, with tickling low down in the throat, worse from talking; voice hoarse and rough: in pneumonia, with oppression and weight in chest; pain in left lung; patient can not lie on left side; difficult breathing; yellow, blood-streaked or rusty expectoration: also, in tightness of the chest, with tight, dry cough, followed by bleeding from the lungs of bright-red, frothy blood.

### Phytolacca.

Sub-acute or chronic rheumatism in the covering membrane of the bones; stiffness of the neck and back, worse in damp, rainy weather; constant, dull, heavy pains in small of back and through hips, worse at night and from motion; feels sore from head to foot; nightly bone-pains; rheumatism of the scalp, much worse at night.

Symptoms better lying down; during the day; in warm, dry weather.

Useful in great congestion and swelling of soft palate and tonsils; inflammation of back of mouth and upper part of throat, with dark-colored, false membrane; swallowing almost impossible; high fever; fetid breath; great aching in back and legs, as if pounded; great prostration: for hard, painful lumps in the breast; tenderness on nursing; pain radiating from the nipple all over body. *Phytolacca* is also used to reduce obesity.

### Podophyllum.

Especially useful in morning diarrhoea; stools watery, yellow, profuse, pouring out like water from a hydrant; preceded by retching and vomiting, followed by feeling of weakness in the abdomen; stools worse after eating or drinking, often accompanied by protrusion of the rectum: in cholera morbus, with colic; greenish, watery stools of mucus or blood; great prostration; grinding of the teeth, moaning and rolling of the head in sleep: in biliousness; bilious headache; nausea; giddiness; clay-colored, constipated stools, or yellow diarrhoea; tongue yellow or white, and takes the imprints of the teeth; patient wants large quantities of cold water.

Symptoms worse from 2 to 4 A. M.; from cold: better in evening; from external warmth.

### Pulsatilla.

Catarrhal conditions of all mucous membranes, with bland, yellow, or yellowish green discharges, as from the nose in a ripe cold; from the eyes in inflammation of the eyes or lids, with burning and itching, causing rubbing and scratching; from the vagina,—thick, milk-like, or yellowish discharge, with indigestion, chilliness, nausea and trembling, especially in young, tearful women, with menstrual irregularities.

*Pulsatilla* has sluggish circulation with chilliness, coldness and paleness of the skin, and gastric troubles, caused or increased by rich, fat food, pork, pastry, fruits, or ices.

Symptoms worse evenings; in close, warm room; wet weather; from warmth of bed; rich food, etc.; lying down: better in cool, fresh air; dry weather; from exercise; midnight to noon.

Especially useful in mild, sensitive, tearful, changeable women, with suppression of menses from getting feet wet, or with difficult, irregular, scanty menstruation; blood dark and clotted; spasmodic discharge; great chilliness; sometimes nausea, palpitation, faintness, and headache: in indigestion, with chilliness; constant nausea; flatulence; no thirst; bitter taste; sour risings; tongue coated white: in ear-ache in children; sharp, tearing, pulsating pains, worse at night: in milk leg, after fever is subdued; limb white, swollen; veins hard, knotty, intensely painful to touch; motion impossible: in styes before pus forms: in sub-acute rheumatism, pains drawing, jerking, shifting from part to part; worse from warmth, better from cold.

### Rhus Toxicodendron.

*Rhus* has little blister-like eruptions on any part of the body, increased by rubbing; much itching and burning; eruptions not deeply seated, but tending to cover a large surface; also, blister-like erysipelas, with dark, bluish redness; itching and burning. *Rhus* affects fibrous tissues, ligaments, and tendons of muscles.

Symptoms worse while at rest; on beginning to move; in cold, wet, foggy weather; after midnight; from bathing or getting wet: better from continued motion; in warm, dry weather; from warmth; warm, hot things.

Especially useful in lumbago and rheumatism of the ligaments and joints, *worse in damp weather and during repose*, with great restlessness; burning, tearing, drawing pains; if in joints, joints red and swollen; sour perspiration; very lame and stiff on beginning to move, but *better from continued motion*: in stiff neck, and pain in back from sitting in a draft; in bad effects from strains, lifting, wrenching, and severe wetting in rain while heated; in mumps when swelling is dark red, and resembles erysipelas.

### Sanguinaria.

Acute inflammation of the nose, throat and bronchial tubes, as in loose catarrhal cough, with difficult expectoration of bad-smelling mucus; bad breath, headache, sore throat; red cheeks, and pains in the chest; acute or chronic catarrh of the mucous membrane of the nose; pneumonia or consumption, with bright-red face, flushing of one or both cheeks; dry, hacking cough; difficult

breathing; rusty expectoration; sharp stitches in right lung.

Symptoms worse mornings and evenings; from noise, light, motion; in open air: better during day; when quiet, and in the dark.

Useful in the above-mentioned symptoms, and in sick headache, beginning in the morning in the back of the neck; it spreads over the head and settles in the right eyes, with nausea and vomiting; patient must be quiet and in a dark room; also, for too early, too profuse menstruation, with sick headache and hot flashes.

### Santonine.

*Cina* is better for very young children troubled with worms. *Santonine* is its alkaloid, and a genuine specific for round worms. See "Worms," p. 101.

Symptoms similar to those of *Cina*, viz., Capricious appetite; coated tongue; bad breath; nausea and vomiting; livid circles about the eyes; ill temper; slight fever; boring and picking at the nose; urine white and milky; sometimes convulsions.

### Sepia.

Especially adapted to dark-haired women (very sensitive to cold air and subject to profuse night sweats), who have sub-acute or chronic diseases, menstrual irregularities, etc., with brownish patches on skin, and a yellow saddle across the nose.

Symptoms worse morning and evening; in cold air; wet weather; from motion; sexual excesses; fat, greasy food, and during pregnancy: better from warmth; warm, open air; in middle of the day.

Useful when menses are too early or too late and scanty, with goneness and aching in stomach; faintness and chilliness; sensation as if everything was pressing out from the vagina: in profuse, thick, creamy, yellowish, very offensive leucorrhœa; may occur at puberty, change of life, or during pregnancy: headaches, generally about time of menses, with yellow look under the eyes; patient sad and tearful; pain better in the open air, from sleep or violent motion: in obstinate constipation, feeling of a ball in the rectum; stools large, hard, knotty, voided with difficulty: also for ring worms, brown patches on the skin, and in inflammation of the liver at change of life.

### Silicea.

Typical patients are scrofulous, ill-nourished adults or children with thin, delicate skins, suppurating easily and healing slowly; mentally,—easily confused, with feeble

memory and feeling of dullness; when headache, pain from nape of neck to forehead, worse from light, noise, exertion and study; worse on right side and in right eye; warm applications and sleep relieve.

All symptoms worse from menstruation; cold air or water; during the new moon; at night and in morning; from uncovering, especially the head: better from warmth; warm air; wrapping up head; mid-day.

Especially useful in abscess of bone, or chronic abscess hard to heal, with thin, watery discharge: in ailments following vaccination; great tendency to boils, malignant carbuncles and suppurations: in chronic, slow, painful suppuration in the ear affecting the bones, with roaring and loud noises, deafness, and foul, watery discharge: in suppurating conditions of the organs of respiration, with copious discharges or expectoration of thick, yellow, greenish pus, with hectic fever, night sweats, and debility; in constipation, with spasm of the sphincter; the stools receding after being partially expelled: also in offensive foot-sweats, with rawness between the toes, and vile odor from the feet.

### **Spigelia.**

Best adapted to neuralgia of the face and eyes, and rheumatic affections of the heart and eyes in acute cases.

Symptoms worse from motion; noise; touch; turning the eyes; morning till midnight, and in cold, damp, rainy weather: better during rest; from warmth, and after midnight.

Especially useful in neuralgia in, above or below the right eye, with fine, tearing, burning, pressive pains in the morning; worse after rising; caused by cold, damp weather: in neuralgic headache, increasing from sunrise to noon, then decreasing, with palpitation and restlessness; pain worse from stooping or slightest jar; scalp sore and sensitive: in rheumatism of the heart, with sharp, stitching pains in the left chest, and violent palpitation, raising the chest walls: also, for round worms, with itching of anus; colic around the navel; pale face and blue rings about the eyes.

### **Spongia.**

Especially useful in croup, with dry, hoarse, crowing, barking cough; loud, wheezing, sawing respiration; threatened suffocation: in chronic hoarseness (sometimes complete loss of voice) and cough, with great dryness of throat and difficult breathing: also in goitre, with enlarged glands, dry cough and suffocative attacks at night.



Symptoms worse in the evening until midnight; on over-exertion; lying with the head low: better during the day; in warm air; while eating.

### Sulphur.

This remedy acts upon every organ and tissue in the body. Its most characteristic symptoms are: heat on top of head, and burning of palms and soles; hot flashes, with faintness; goneness at pit of stomach at 11 A. M.; all discharges burning and acrid, whether from eyes, ears, nose, kidneys, bowels or vagina; sleeping in "cat-naps;" aversion to bathing; morning diarrhœa, driving patient out of bed, with thin, watery, acid discharge.

Symptoms worse at night; during rest; from warmth of bed; exertion; washing or bathing; in cold, damp, open air, or warm room, and especially from change of temperature: better from heat; during day; in warm, dry weather.

Useful in chronic diseases, as gout or rheumatism, with much stiffness of the joints and feet; patient puts feet out of bed constantly to cool them: in extreme constipation, with hard, knotty stools and blind or bleeding piles; bearing-down pains in small of back; burning and itching in anus; worse at night, preventing sleep; flushes of heat; weakness and faintness: in itch,—blister-like or pustular eruptions, with soreness in folds of skin; much itching and burning, worse from scratching, washing, and at night: for rickets, boils, hang-nails, nettle-rash, ulcers, with profuse discharge and tendency to recur in scrofulous adults or children: for chilblains of long standing, with redness, swelling and suppuration, or intense itching, worse from warmth.

### Tartar Emetic.

Catarrhal and pustular inflammations of mucous membranes and skin, worse in damp, cold weather, and evenings: better during the day, and in cool, open air.

Especially useful in bronchitis, with large collections of mucus in the bronchial tubes, raised with great difficulty; loose, rattling cough; difficult, rapid breathing; sometimes profuse sweat, without relief; nausea, vomiting, pallor, drowsiness or delirium: in suffocative catarrh of the aged, with similar symptoms: in lumbago, with violent pains in the small of the back and through hips; the least motion causes retching and cold sweat: also, in pustular inflammation of the skin, like that in small-pox, with great prostration.

### **Veratrum Album.**

The key-notes for this remedy are profound prostration; coldness and blueness of the body, with copious sweat, vomiting and diarrhœa: mentally, there is obscured vision, with dizziness, restlessness and loquacity or sullen indifference; cold sweat on the forehead; headache, causing wild delirium.

Symptoms worse after drinking, with unquenchable desire for cold drinks; after eating ice cream; before and during stool; on rising; morning and evening: better while sitting and lying down; in the open air and during the day.

Useful in sudden, violent, painful diarrhœa, with copious, watery, involuntary stools and profuse perspiration, followed by marked prostration: in cholera and cholera morbus, with excessive vomiting and purging, with violent abdominal pains; frequent, copious, rice-water evacuations; violent colic, especially about the navel; skin blue, purple, cold, wrinkled, with cold sweat; sunken eyes; collapse: also, in cramps of the abdomen or calves of the legs, whether or not occurring during cholera; the muscles are drawn up into knots.

### **Viburnum Opulus.**

A valuable remedy in delayed, painful, spasmodic and difficult menstruation, with severe neuralgic pains in the region of the ovaries, bearing down sensations, and cramps in the abdomen: also, for cramps in the abdomen and legs, and false pains preceding labor. It lessens the liability to miscarriage, and speedily relieves the pains following confinement.

**PART IV.**

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**ADVERTISING MATTER.**

## Obtain Your Homœopathic Medicines From

# OTIS CLAPP & SON,

10 Park Square, Boston.

417 Westminster St., Providence

Remedies are prepared for Home Use in the following forms :

**DILUTIONS**—Ask for the common strength for domestic use, viz., 3x. Do not buy the Mother Tinctures; they are too strong.

**DISKS OR SUGAR CONES**—These in shape resemble split peas and are to be preferred to globules, because they absorb readily and become perfectly medicated.

**PELLETS OR MEDICATED GLOBULES.**

**TRITURATIONS**—Medicines made from metals or insoluble substances should be procured in the powdered form or in

**TRITURATION TABLETS**—One tablet represents one grain of the trituration.



1 dram.

2 drams.

 $\frac{1}{2}$  ounce.

The above cuts represent the exact size of the vials. Cases containing from twelve to sixty vials may be obtained from us at reasonable prices (see pp. 131 and 132). Single vials of medicine are also sold as follows :

1-dram vials, each,	10 cents;	per dozen,	\$1.00
2 " " "	15 " "	" "	1.50
$\frac{1}{2}$ -ounce " " "	20 " "	" "	2.00
1 " " "	30 " "	" "	3.00

# OTIS CLAPP & SON,

Homœopathic Pharmacists,

10 Park Square, and 6 Beacon Street,  
BOSTON, MASS.

417 Westminster Street, Providence, R. I.

## Medicine Chests and Cases

FOR DOMESTIC USE.

These Chests and Cases, to which additional reference is made on p. 105, are specially adapted to household use or the needs of the traveller. We have other styles and sizes in stock besides those here mentioned.

### UPRIGHT CHESTS.

Made of wood, covered with leatherette, and containing square vials.



NUMBER OF CASE.	NUMBER AND SIZE OF VIALS.	PRICE OF CASE WITH VIALS CORKED.	PRICE OF CASE FILLED WITH MEDICINE.
121	12 $\frac{1}{2}$ -ounce	\$ .75	\$1.75
122	24 $\frac{1}{2}$ "	1.25	3.25
123	12 $\frac{1}{2}$ "	1.00	2.25
124	20 $\frac{1}{2}$ "	1.50	3.75
125	24 $\frac{1}{2}$ "	1.50	4.25
126	35 $\frac{1}{2}$ "	2.25	6.00
127	12 1 "	1.50	3.50
128	24 1 "	2.00	6.00
129	30 1 "	2.25	7.00

### UPRIGHT CHESTS.

Made of polished mahogany,  
velvet-lined, with lock and key,  
and containing square vials.



NUMBER OF CASE.	NUMBER AND SIZE OF VIALS.	PRICE OF CASE WITH VIALS CORKED.	PRICE OF CASE FILLED WITH MEDICINE.
151	12 $\frac{1}{2}$ -ounce	\$2.75	\$3.75
152	20 $\frac{1}{2}$ "	3.25	5.00
153	24 $\frac{1}{2}$ "	4.00	6.00
153 $\frac{1}{2}$	30 $\frac{1}{2}$ "	4.25	7.00
154 $\frac{1}{2}$	36 $\frac{1}{2}$ "	4.50	8.00
155	48 $\frac{1}{2}$ "	5.25	9.50
156	63 $\frac{1}{2}$ "	5.50	11.50
157	80 $\frac{1}{2}$ "	6.75	14.00
159	12 1 "	3.25	5.00
160	24 1 "	4.00	7.25
161	30 1 "	4.50	8.50
162	35 1 "	5.00	9.50

### LEATHER CASES.

Suitable for travelling.  
Can be carried in the  
pocket.



NUMBER OF CASE.	NUMBER AND SIZE OF VIALS.	PRICE OF CASE WITH VIALS CORKED.	PRICE OF CASE FILLED WITH MEDICINE.
81	6 $2\frac{1}{2}$ -dram	\$1.75	\$2.25
82	9 $2\frac{1}{2}$ "	2.00	2.75
83	12 $2\frac{1}{2}$ "	2.25	3.50
83 $\frac{1}{2}$	12 3 "	2.50	4.25
84	6 $1\frac{1}{2}$ "	1.75	2.25
84 $\frac{1}{2}$	9 $1\frac{1}{2}$ "	2.00	2.75
85	12 $1\frac{1}{2}$ "	2.25	3.50
86	24 $1\frac{1}{2}$ "	3.00	5.00

---

## MEDICINE DROPPERS

—AND—

## GLASS GRADUATES.



Secure accuracy of measurement by having a Medicine Dropper or a Glass Graduate. A Medicine Dropper will cost you only a few cents, and with it just the requisite number of drops and no more, can be put in the tumbler.

Perhaps you prefer a one-ounce Glass Graduate. This costs a little more, but is of greater value. With it drops or minims can be measured, and also the eight drams which make an ounce. This Graduate is made of tough glass, with a firm base, and each dividing line is clearly and indelibly cut on the side. If you wish larger sizes, we have them.

---

### OTIS CLAPP & SON,

10 Park Square, Boston. 417 Westminister St., Providence, R. I.

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## OTIS CLAPP & SON'S CAMPHOR TABLETS.

No household should be without this preventive of disease. Taken in the first stages of a cold in the head or chest CAMPHOR TABLETS will arrest its development and restore the circulation of the blood to its normal condition. If you have been exposed to fog, rain, sleet, or snow, or have become chilled by a draught or by standing in the cold, or if your feet are damp or wet, take a CAMPHOR TABLET, and take it right away!

The nicest, neatest and most compact form in which Camphor can be carried or administered.

PRICE, 25 CENTS.

OTIS CLAPP & SON'S

# Lithia Tablets.

---

Fresh Lithia Water Daily.



Each tablet contains two grains of the Carbonate of Lithium, and is sufficient for one quart of water, in which it dissolves readily.

Lithia Water is a valuable remedy for Rheumatism, Kidney affections, and Chronic Indigestion.

It is also useful as an aid to digestion, and can be prepared with the tablets from time to time, as desired.

---

**100 Tablets will prepare 100 Quarts Lithia Water.**

PRICE, 60 C. PER BOTTLE.



## Phytolacca Berry Tablets

Cause Rapid Absorption of Fat.



Otis Clapp & Son's Phytolacca Berry Tablets contain only the prepared juice of the berries and pure sugar of milk. There is absolutely nothing harmful or injurious in them.

Two to six tablets taken three times a day before each meal will, in a few weeks, often give astonishing results.

No change in diet need be made while following this treatment.

Observe only the "Rules of Health" given in this book. Where there is fatty degeneration of the heart, with great distress in breathing upon going upstairs, or upon walking any distance,—Phytolacca Berry Tablets should be given an immediate trial.

The tablets are put up in glass-stoppered bottles, each bottle containing 1000 tablets. The price is \$1.00 per bottle. They will be sent, post-paid and securely packed, by mail, on receipt of \$1.15.

### OTIS CLAPP & SON,

10 Park Sq., Boston.

417 Westminster St., Providence, R. I.

## Pepsin Compound.

This compound supplements the gastric juice and contains its active elements. It will be found of great value in the treatment of Indigestion and kindred disorders of the stomach, and speedy benefit will be experienced from its use.

Price, 50 Cents (2-ounce vials).



## Elixir of Pepsin COMPOUND.

This preparation contains all the active agents of digestion, in a form easily taken, and suited to the great majority of cases of imperfect digestion.

Price, 75 Cents (12-ounce bottles).

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OTIS CLAPP & SON,  
Boston and Providence.

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## TONICS.

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PREPARED BY OTIS CLAPP & SON,  
BOSTON AND PROVIDENCE.

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### **Elixir of Calisaya.**

Made from the best selected Calisaya Bark, rendered free from Tannic Acid. Each teaspoonful contains four grains of Calisaya Bark.

### **Ferrated Elixir of Calisaya.**

A preparation of Calisaya Bark, free from Tannic Acid, and combined with the Pyrophosphate of Iron.

### **Beef, Wine, and Iron.**

A widely known and highly esteemed nutritive tonic. One tablespoonful is a dose for an adult, and contains four grains of Ammonio-Citrate of Iron and eight grains Extract of Beef in Wine.

### **Hensel's Tonic.**

One teaspoonful of Hensel's Tonic added to half a pint of water, and sweetened to taste, should be taken after each meal where a simple tonic is desired in Debility and Nervous Prostration. In such conditions it has proved of great value.

### **Malt and Iron.**

A combination of the Pepto-Manganate of Iron with Malt, in such a form as to be easily and rapidly assimilated.

This preparation is agreeable to the taste and will not stain the teeth.

OTIS CLAPP & SON'S  
**Malt and Cod Liver Oil.**  
**A Tonic and a Food.**

Unlike other preparations, this combination of cod liver oil and the fluid extract of malt is really pleasant to take. There is no disagreeable odor or taste of the oil, and the most delicate stomach will readily receive and assimilate it.

While it acts as a true food, constantly repairing tissue waste and correcting the results of imperfect nutrition, it also proves of the greatest value as a tonic in the exhaustion following great mental or bodily exertion, or in those debilitated conditions consequent upon sudden changes of temperature or of climate.



Our Malt and Cod Liver Oil fortifies the system, increasing its powers of resistance, and rendering it far less susceptible to the inroads of disease.

It does not do away with the necessity for other foods, but rather stimulates the indifferent appetite, and by strengthening the organs of digestion, enables them to properly assimilate the increased amount of food which the body needs, and which it is now prepared to take. Otis Clapp & Son's Malt and Cod Liver Oil will be found especially valuable in cases of incipient phthisis, chronic bronchitis and nervous exhaustion, and while the patient is convalescing from pneumonia, pleurisy or la grippe.

Sold in 12-ounce bottles. Price, - - - 75 cents.  
 Per dozen, - - - - - \$7.50.

# Liebe's Malt.

---

A pure, concentrated Extract, free from Alcohol, and containing all the valuable constituents of the best malted Hanna Barley.

This is not one of the so-called Malt Extracts,—a thin, fermented, alcoholic liquid. Liebe's Malt is chemically pure, highly condensed, easily assimilated, free from acidity, and of great nutritive value.

Being rich in diastase, its action upon farinaceous foods is that of a natural solvent, making it of the greatest use in convalescence, indigestion, and the debilitated conditions preceding and following acute affections.

Full directions on each bottle.

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Price, 10-Ounce Bottle,	. . .	50 Cents.
20- " " . .		\$1.00

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IMPORTED BY  
OTIS CLAPP & SON,  
Boston and Providence.



## Otis Clapp & Son's

### PURE

### GRAPE JUICE.

---

We desire to call special attention to this highly nutritious liquid food, which is *absolutely* free from all *anti-ferments*.

In this respect it excels the great majority of kindred preparations now on the market.

Easily assimilated and perfectly free from every injurious element, it is simply unsurpassed as a valuable food in all acute and chronic diseases, excepting only Diabetes Mellitus.

It is especially recommended in Typhoid Fever, Pneumonia, Pleuritis, Peritonitis, Rheumatism, and for lying-in patients. In Cancer of the Stomach, PURE GRAPE JUICE is often retained when no other food can be borne. It protracts life and renders the patient comfortable for weeks.

In debility and lassitude, the heralds or followers of disease, it is an efficient and agreeable aid to the restoration of health. The most exacting convalescent will find it a delicious and refreshing drink, while at the same time it repairs and retards the tissue waste constantly going on.

Price, per pint, 30 cents; per dozen, \$3.25

“ quart, 45 “ “ 5.00

PREPARED EXPRESSLY FOR

OTIS CLAPP & SON,

10 Park Sq., Boston.

417 Westminister St., Providence, R. I.

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OTIS CLAPP & SON'S  
ELIXIR OF BEEF.

---



Is a delicious, concentrated food, which is relished, retained, and easily digested by the most delicate invalid or long-suffering dyspeptic.

It is especially valuable in all cases of indigestion, and in complicated cases of dyspepsia. This Elixir of Beef is also a reliable food and tonic in nervous debility, and is particularly well suited to consumptives, and to those depleted conditions of the system dependent upon imperfect nutrition.

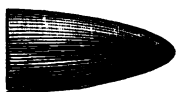
If you need a tissue builder, containing all the nutrient properties of beef in the most digestible form, try a twelve-ounce bottle of O. C. & S.'s Elixir of Beef.

PRICE, . . . \$1.00.

# RECTAL SUPPOSITORIES

— OF —

## Pure Medicated Cocoa Butter.



Invaluable in the treatment of torpidity of the rectum, and of blind or bleeding piles, cracks and fissures of the anus. A most effective aid to overcoming constipation, characterized by hard, dry, knotted stools, accompanied or followed by prolapsus of the rectum. Try our suppositories. They are the best. They are prepared from the fresh, green plant; are easily introduced; liquify completely, and are absorbed perfectly.

No. 1, — *ÆSCULUS HIP.* — Special indications: Large, purple, painful piles, like ground nuts; with itching and burning in the rectum: blind piles, rarely bleeding; constipation.

No. 1A, — *ÆSCULUS AND HAMAMELIS.* — *Bleeding* and itching piles, with the above-mentioned symptoms.

No. 1B, — *ÆSCULUS AND COLLINSONIA.* — Old, obstinate, blind or bleeding piles; sensation of sand or sticks in the rectum; severe, stitching pains; chronic constipation.

No. 13A, — *HAMAMELIS.* — Profusely bleeding piles, with burning soreness and rawness of the rectum.

No. 13B, — *HAMAMELIS AND HYDRASTIS.* — Indications similar to No. 13A, with prolapsus of rectum, and constipation, caused by torpidity of the rectum.

### Also, our Reliable Glycerine Suppositories.

Each containing from 60 to 95 per cent of pure glycerine, which acts directly upon the rectum as a powerful stimulant, taking the place of enemata, and producing a free evacuation.



No. 11A, — *Gluten*, and No. 11B *Gluten and Aloin* Suppositories, for simple constipation, especially in children. Each suppository contains five grains of white-wheat gluten, which nourishes and stimulates the rectal walls.

Order by Mail, if out of town. Price, per dozen (in box), 40 cts.

MANUFACTURED BY

OTIS CLAPP & SON.



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# CERATES.

PREPARED BY  
OTIS CLAPP & SON,  
BOSTON AND PROVIDENCE.

---

## Æsculus and Hamamelis Cerate.

For fissures and cracks of the anus, with painful piles, often bleeding and protruding during stool. This cerate will prove very soothing, and will aid in relieving soreness and dryness of the parts.

## Belladonna Cerate.

This cerate is recommended for neuralgia, and has been used with much success in inflammation and swelling of the breasts. When applied over the stomach, it has been known to relieve the vomiting of pregnancy.

## Calendula Cerate.

Should be used to promote the rapid healing of cuts and other wounds.

It will be found of great value for hangnails, or where the nails have been cut down to the quick.

## Hamamelis Cerate.

Prepared from the green bark and young twigs, and especially recommended for acute and bleeding piles, varicose veins and ulcers. A desirable application for contusions of the soft parts and for blistered hands.

## Sulphur Cerate.

A cerate containing 10 per cent of the flowers of sulphur, and adapted to many forms of skin diseases, such as scalled head, shingles, pimples, eczema, and itching of the genitals.

## Urtica Urens Cerate.

Prepared from the fresh flowering tops of the nettle, and of great value in the treatment of burns and scalds.

## Myro-Petroleum Album.

---

Valuable for local application in scrofulous swellings, scaly cutaneous diseases, cuts, bruises, burns, chilblains, and for nausea and vomiting. It has also given excellent results when applied to the throat or chest in cases of tonsillitis, ulcerated sore throat, or cold in the chest.

Spread it upon soft linen, and place it directly upon the affected part; cover with a moist cloth, which should be kept moist to promote absorption. A dry cloth may be placed over all.

Myro-Petroleum Album applied over the stomach for sea-sickness, nausea, and vomiting, often gives great relief. It reduces the inflammation and eases the pain caused by an abscess, felon or boil, and is more effective than a poultice. A single trial when its use is indicated will convince you of its merits.

---

PREPARED BY

OTIS CLAPP & SON,

10 Park Square, Boston.

417 Westminster Street, Providence, R. I.

## OILS FOR EXTERNAL USE.

---

### ARNICA OIL.

Everyone knows how beneficial rubbing and massage prove in rheumatism brought on by exposure to damp and wet, and in strains and sprains.

But rubbing and massage are doubly effective in these cases if ARNICA OIL is used.

The amateur or professional athlete, the participant in all out-door or in-door games, sports and exercises, should rub the body with ARNICA OIL, to keep the muscles supple and tireless. Once used, it will never be forgotten or neglected when the human machinery needs oiling.

PRICE, 1 ounce, 25 cts. ; 4 ounce, 65 cts.

---

### PLANTAGO OIL.

Excellent for affections of the skin, accompanied by intense itching, pricking and burning.

A valuable application in ivy poisoning, scalds, frost-bites, chilblains and erysipelas, and for obstinate irritation and itching of the genitals.

PRICE, 1 ounce, 25 cts. ; 4 ounce, 65 cts.

---

OTIS CLAPP & SON,

10 Park Sq., Boston.      417 Westminster St., Providence, R. I.

## TINCTURES FOR EXTERNAL USE.

---

### Tincture of Arnica.

For bruises, strains or sprains, when the skin is unbroken. In the proportion of one teaspoonful of the tincture to a glass of water, our concentrated tincture of Arnica may be used freely as a wash or liniment after violent exercise or any excessive use of the muscles. Two or three doses of *Arnica 3x* should be taken internally.

### Tincture of Calendula.

To be preferred to Arnica when there is laceration of the skin. Add one part of the tincture to four or five parts of water, for scratches, blisters, cuts, or wounds, or for lacerated tissues after the removal of splinters, or other foreign substances.

### Tincture of Ledum.

Highly recommended in the proportion of one part of the tincture to four or five parts of water, for the bites of insects, and the stings of mosquitoes, wasps, bees, etc. It is specially indicated in those cases where the pain and irritation do not readily subside, but seem even more noticeable twenty-four hours after the bite or sting has been inflicted.

In such cases, the tincture of Ledum will be found of great value, and should invariably be applied.

### Tincture of Urtica Urens.

When there are blisters, following burns, the tincture of Urtica, mixed with an equal quantity of water, makes an excellent application for relieving the accompanying inflammation and pain.

Compresses of linen or cotton cloth should be wet with this dilution, and applied to the affected surface.

An ounce of each of the above-mentioned tinctures should always be kept in the house, ready for use.

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PREPARED BY

OTIS CLAPP & SON,

10 Park Square, Boston.

417 Westminster St., Providence.

---

## EXTRACT OF HAMAMELIS.

From the Buds and Twigs of the Witch Hazel.

---

Highly Concentrated and Perfectly Pure.

---

To one part of the Extract of Hamamelis add four or five parts of water, and apply freely for swollen limbs, varicose veins, and ulcers.

It is one of the most soothing and healing applications for wounded tissues, and in the treatment of bleeding piles has often proved an undisguised blessing.

In local inflammatory conditions of the vagina and uterus, much benefit will often be derived from adding our superior Extract of Hamamelis to the douche, morning and night.

PRICE, per pint, 35 cents; per quart, 60 cents.

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OTIS CLAPP & SON,

10 Park Square, Boston, Mass.

417 Westminster Street, Providence, R. I.

## Clinical Thermometers

### TELL THE TRUTH.

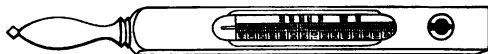
Do you feel ill? Take your temperature. You need not worry if it is within a degree of normal. A Clinical Thermometer is something you can easily learn to use. Take your child's temperature; it may not be higher than it should be, if it is, you will not have been delayed through ignorance from sending for a doctor.

We have good, reliable thermometers from 75 cents to \$1.25 each.

Come and get one.



## Bath Thermometers.



Indispensable for determining the temperature of your bath or douche water. The cost is next to nothing. You can not break them unless you take particular pains, for each is protected by a neat wooden casing. Price, 25 cents.

OTIS CLAPP & SON,  
10 Park Square, - - Boston.  
417 Westminster St., Providence, R. I.

---

## HOT-WATER BOTTLES.

All Kinds! All Sizes!! All Prices!!!

---



DAVOL RUBBER CO.

Better than hot bricks or soapstones in illness, because rubber bags are light and adapt themselves to the shape of the body.

Do you own a hot-water bottle?

You must have one. It will prove a treasure for chills, colic, rheumatic and neuralgic pains. A welcome bed-fellow wintry nights. We sell soft, flexible, all-rubber hot-water bottles, and others even more durable, interlined with cloth. In order to meet everyone's preference, we also carry a full line of water-bags covered with flannel. One of these will prove a sensible and acceptable present to a friend.

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**OTIS CLAPP & SON,**

BOSTON AND PROVIDENCE.

## Have You Seen It? Seen What? Sprague's Water-Bag for the Face.



The nicest little invention of the kind ever introduced to the public. It fits over the ear and can be applied closely to the side of the face. Of course you know what that means,—the direct application of a constant heat in earache, toothache or neuralgia.

Price, nothing,—or, nothing compared to the relief obtained. You will say so, too, if you will give Sprague's Water Bag for the Face a trial.

Price, . . . 75 cents.

## Invalids' Cushions and Rubber Air-Pillows

GIVE MANY HOURS OF EASE.

We can furnish you with any style you desire. For a patient in bed, a rubber ring, placed so that the lower portion of the spine rests upon it, will remove pressure, and so prevent bed-sores, while giving great relief to the tired back.

A rubber air-pillow will often prove of much service in assisting in keeping the patient in a comfortable position. When the invalid sits up or goes driving, she should have a comfortable air-cushion beneath her. Allow us to furnish you with one.



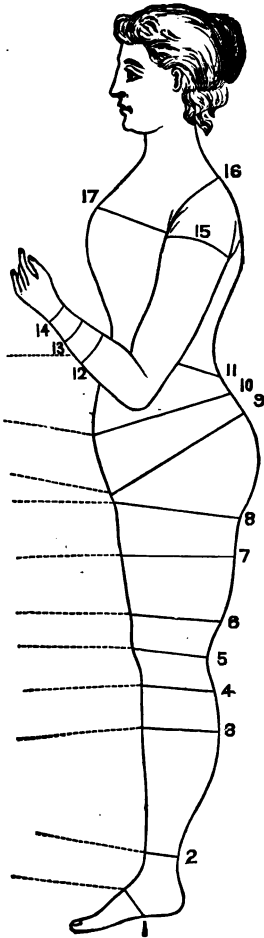
DAVOL RUBBER CO.

OTIS CLAPP & SON, Boston and Providence.



# ELASTIC STOCKINGS.

*We Carry the Best Qualities Only.*



These Stockings will be found of great value for varicose veins, for the support of weak joints, and in strains and sprains.

To insure a perfect fit exact measurements are essential.

These we are prepared to take, or if the patient can not call and see us, full directions will be sent on application. We furnish any length desired, in silk or cotton, at reasonable prices.

## DIRECTIONS FOR MEASURING FOR ELASTIC HOSE, ANKLETS, KNEE CAPS, AND ABDOMINAL BELTS.

Give the measure in inches, opposite the dotted lines of cut.

For Stockings, measure at every point indicated on cut, as high as Stocking is to reach.

Give length from floor to top of Stocking.

Stockings to go above the knee require length from floor to No. 5, and from No. 5 to top of Stocking.

**ABDOMINAL BELTS**  
should be measured for at Nos. 9, 10 and 11.

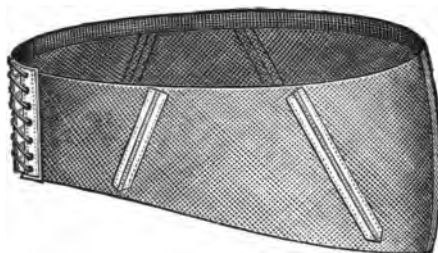
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**OTIS CLAPP & SON,**  
10 PARK SQ., BOSTON,  
417 Westminister Street, Providence, R.I.

## ABDOMINAL SUPPORTERS.

---

We carry a full line of Elastic Abdominal Supporters and Umbilical Bandages, the latter being specially useful in cases of rupture of the navel.

Those suffering from obesity, or a relaxed condition of the abdominal walls, will experience much relief from a well-selected Abdominal Supporter. In this way, too, efficient support can be given to the pelvic organs during pregnancy, and in many other forms of enlargement of the abdomen.



The accompanying cut shows an Abdominal Supporter, which is porous, elastic and durable. It is made of silk or cotton, interwoven with protected rubber thread, and can be washed in lukewarm water without injury. We have also the simpler belts, in both linen and cotton. Our prices are reasonable, varying from \$1.00 to \$11.00, according to the quality and finish of the goods selected.

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OTIS CLAPP & SON,

10 Park Square, Boston.

417 Westminster Street, Providence, R. I.

---

## SUSPENSORY BANDAGES.

---

The value of the suspensory bandage is rather under than overestimated. It is valuable not only when disease of the testicle, such as varicocele, inflammatory conditions and neuralgia becomes established, but is also of the greatest use in preventing injury and weakness, and in relieving nervous tension and disagreeable sensations of the parts.

Nervous disturbances in these sensitive organs promote nerve waste throughout the body, and it is needless to say such a drain on the system should be avoided by all legitimate means.

The suspensory bandage is one of the most reliable of these aids to health. We have every facility for perfectly fitting the same to the wearer, and by long and successful experience can satisfactorily serve our customers. We shall be pleased to furnish further information to any interested in the subject.

---

## TRUSSES.

---

Each inventor has his own idea of what constitutes a perfect truss. We consult the needs of the public, and furnish not one make, but many, and are prepared to fill special orders.

Our patrons should remember that *every* order is a special order; for to obtain good results, each individual must be carefully fitted by a person competent to select and apply the truss best suited to that particular case.

We can give you just this service, in a room devoted to this branch of our business, and our line of trusses is so complete that we can fit you at once and at a reasonable price.

---

## OTIS CLAPP & SON,

10 Park Sq., Boston, Mass.

417 Westminster St., Providence, R.I.

---

## Household Surgical Appliances.

### For Cuts and Wounds.

---

#### **ABSORBENT COTTON**

Of the best quality, protected by tissue paper between the layers. Put up in packages containing anywhere from one ounce to one pound. Price, 1 oz., 10 cents; per lb., 30 cents.

#### **STYPTIC COTTON,**

Very useful when there is persistent bleeding from superficial or deep cuts. Price, 4 oz. package, 25 cents.

#### **BANDAGES**

Of gauze and cotton, rolled hard, and always ready to apply. Cut 12 1-2 yards long, and one to four inches wide. Can be bought for a few cents each.

#### **CALENDULATED COURT PLASTER.**

Far superior to the various kinds of court plaster commonly sold. Our Calendulated Court Plaster promotes rapid healing, and relieves the inflammation and soreness attending small cuts, scratches, and abrasions of the skin. Covered with a thin coating of Collodion, this plaster can be rendered impervious to air or water. Also,

#### **SURGEONS' ADHESIVE PLASTER.**

All styles; all widths. Wound on tin spools, and spread on strong cotton cloth.

#### **COLLODION,**

For uniting the flesh in small cuts. After bleeding stops, dry the part and press the lips of the wound together. Apply a few drops of Collodion. It forms a thin film, which should be protected and left undisturbed for several days.

Come to us for **GAUZE, LINT, ANTISEPTIC WOOL AND ALL SURGICAL SUPPLIES.**

#### **OTIS CLAPP & SON,**

10 Park Sq., Boston.      417 Westminster St., Providence.

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### PHENOL CAMPHOR.

This preparation, which contains *Carbolic acid* and *Camphor*, has proved extremely useful in relieving local irritations, such as itching of the anus and the surrounding parts.

It also acts as an anæsthetic, almost immediately allaying the pain and smarting of cuts, wounds and abrasions of the skin.

A few drops of *Phenol Camphor* can easily be applied by using a bit of absorbent cotton.

---

### CALENDULATED BORIC ACID.

A superior antiseptic in powdered form, containing the soothing and healing properties of *Calendula*. Admirable as a dry dressing for abrasions of the skin, simple or severe cuts, or lacerated wounds; bed-sores, before and after the tissues break down, and for the chafing of infants.

Very satisfactory results will be obtained by using a tablespoonful of *Calendulated Boric Acid* to each quart of water, morning and night, in douches for cleansing the vagina and lessening inflammatory conditions.

PRICE, 2 OUNCES, 35 CENTS.

---

### ALKALINE AND ANTISEPTIC TABLETS.

As suggested by Dr. Carl Seiter.

These tablets are freely soluble in water, and make an antiseptic solution, especially valuable as a wash or spray for the nose or throat.

Used in the mouth, this solution makes an excellent antiseptic wash. It is unsurpassed for the hands, as it leaves an agreeable odor and does not roughen the skin.

In simple catarrhal inflammations of the vagina and uterus *Antiseptic Tablets*, dissolved in the douche water, will give very satisfactory results.

PRICE, 2 OUNCES, 35 CENTS.

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FOR SALE BY

**OTIS CLAPP & SON,**  
BOSTON AND PROVIDENCE.

## OTIS CLAPP & SON'S ANTISEPTIC SPRAY.

---

A valuable Antiseptic and Disinfectant, either as a wash, spray, or for internal use.



As a mouth wash and gargle it is unsurpassed. If you have a sore throat, gargle it every two or three hours with Antiseptic Spray, diluted one-half or more with water. It is a most effective local application in catarrh, and for wounds, ulcers, and abscesses. Use it freely in all cases of contagious diseases, such as typhoid and scarlet fevers. In cases of dandruff, a few applications to the scalp will give most satisfactory results.

Full directions on each bottle.

Price, per pint bottle, 75 cents.

Circular mailed on application.

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## DISPENSARY PARAFFINE SOAP.

*A Powerful, yet Harmless Antiseptic.*

To be used as a wash, for irritations of the skin or scalp, or for cleansing or deodorizing purposes. Diluted one-half or one-quarter, it makes a valuable injection for catarrhal conditions of the uterus or vagina. Dispensary Paraffine Soap is a valuable remedy in the treatment of obstinate discharges from the ears or nose.

---

OTIS CLAPP & SON'S  
SUPERIOR ANTISEPTIC SOAP.  
(*A Liquid Soap.*)

---

This soap has all the virtues of the well-known Tincture of Green Soap, and many more, peculiar to our special formula and to the limitless care bestowed upon each process of manufacture.

Specialists use and recommend our Superior Antiseptic Soap in many forms of skin disease, and especially in irritations of the scalp. With this soap you can enjoy a most delightful shampoo, and be sure of the most beneficial results. It leaves the hair soft and glossy, stimulating growth, without drying up the natural secretions.

Remember also, that no other preparation will more successfully cleanse the hands after anything offensive has been touched.

We bespeak an early trial for our Superior Antiseptic Soap.

Price, 50 cents.

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OTIS CLAPP & SON'S  
SPEEDY CORN CURE.

(*Prepared from Dr. Whelpley's Formula.*)

---

For hard, obstinate corns. To be applied at night, after soaking the toes in warm water and drying thoroughly. It will banish soreness, protect the corn, and favor its ultimate disappearance.

Price, 15 cents.

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OTIS CLAPP & SON,  
10 Park Sq., Boston. 417 Westminster St., Providence.

## TOILET ARTICLES.



### CALENDULA LOTION.

Free from oil, grease or chemicals. A delightful application in liquid form, for chapped hands and roughness of the skin; also, for hang-nails and brittle or split nails. The daily use of this lotion will soften the skin and improve the complexion.

Price, 8 ounce bottle, 50 cents.

---

### CALENDULA TOILET CREAM.

A desirable toilet preparation, fragrant with ottar of roses, and exhibiting the healing qualities of *Calendula*. Excellent for chapped hands and lips. Put up in a most pleasing form.

Price, - - - 25 cents.

---

### CALENDUOL.

A combination of petroleum oil and calendula flowers. An excellent emollient for the skin, and useful as a spray for irritations of the nose and throat. In such cases, apply the Calenduol by means of an oil atomizer.

Price, 8 ounce bottle, 75 cents.

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### CAMPBOR ICE.

Carry a neat little stick of Camphor Ice in its neat little box when travelling. A very little of this admirable cosmetic will prevent chapped lips and hands, and prove most agreeable after exposure to wind and weather.

Price, 25 cents a stick.

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## OTIS CLAPP & SON,

Boston, Mass., and Providence, R. I.



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## ELM LOTION.

A delightful and necessary addition to every lady's toilet table.

At home, in the country, by the sea, or when travelling, ELM LOTION will keep the skin fair and soft, and free from sunburn or blemishes.

It is unexcelled as a preventive and banisher of roughness, redness or chaps. This very desirable preparation contains no fats, oils, or chemicals of any kind, and will not injure the most delicate skin. Gentlemen will find its use most soothing and agreeable after shaving.

Price, 2 ounces, 25 cents; 5 ounces, 50 cents.

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## SAPODONE.

A LIQUID AND SAPONACEOUS DENTIFRICE for preserving and beautifying the teeth.

A few drops of SAPODONE sprinkled upon a moistened brush produces an agreeable foam; thoroughly cleanses the teeth; gives fragrance to the breath, and leaves a pleasant taste in the mouth.

Put up in an attractive form. Price, 35 and 50 cts.

## OUR PERFECT TOOTH POWDER.

Free from grit, or other injurious substance, and delicately scented with powdered orris.

It whitens and preserves the enamel, and gives perfect satisfaction to the user. (See article on "Care of the Teeth.") Price, 20 cents.

---

## TOOTH BRUSHES.

WITH STATIONARY BRISTLES.

This means that we carry the finest lines of imported brushes, warranted to give satisfaction, and worthy to be used with our Peerless Sapodone and Perfect Tooth Powder.

Be so good as to try the combination. We are sure it will meet with your approval.

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10 Park Sq., Boston. 417 Westminster St., Prov., R. I.

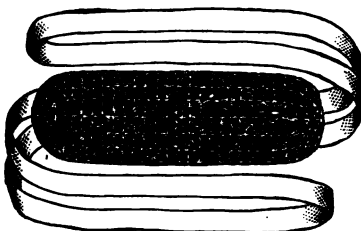
OTIS CLAPP &amp; SON'S

## Quilted Hair, Bath and Flesh Brush

This is the thing you long have sought,  
And mourned because you found it not.

It is the simplest, most durable and effective article ever presented to the public for keeping the skin in good condition. This brush can be had in three sizes:—for the hands, the bath, and the back. In combination with soap and water, and brisk or gentle rubbing, it will remove all stains from the hands and body, and make your skin *clean*,—as a sponge or cloth never can. Unlike other appliances, the QUILTED

For the Back.



No. 3.  
PRICE, 50 CTS.

For the Bath.



No. 2.  
PRICE, 35 CTS.

FLESH BRUSH leaves the skin *on* while it takes the dirt *off*. By dipping it a longer or shorter time in hot water it can be adapted to the most sensitive skin. It is never harsh, and may be made as soft as you desire. Easily carried when travelling; always ready for use; will last a lifetime.

OTIS CLAPP &amp; SON,

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417 Westminster Street, Providence, R. I.

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Nothing Better for the Skin than

## ZANTE SOAP.

### A GREEN OLIVE OIL SOAP.

---

Pure, of course, and green,—not with jealousy or chemicals, but with the natural coloring matter of the unbleached olive oil, of which it is made.

Like wine, it improves with age. Its cleansing properties are unsurpassed. It is inexpensive, economical, non-irritating to the skin, and positively free from all injurious acids or alkalis.

**BUY IT! TRY IT!**

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## OLEATE OF ZINC.

(POWDERED.)

An admirable application for excessive sweating of the feet, or where there is chafing of the skin.

This preparation will be found useful in Eczema and other eruptions. It has a stimulating as well as an astringent action, and adheres to the surface much better than ordinary toilet powder.

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PREPARED BY

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# YOU WANT AN ATOMIZER?

## BUY IT HERE!



DAVOL RUBBER CO.

Our Atomizers do not leak or get out of order easily. They are equally good for business or pleasure. You can spray your throat or your handkerchief. Simple; efficient; inexpensive; and, with proper care, durable. Get one right away, and when you use it *do not fill it too full*.

Prices from 25 cents to \$1.25.

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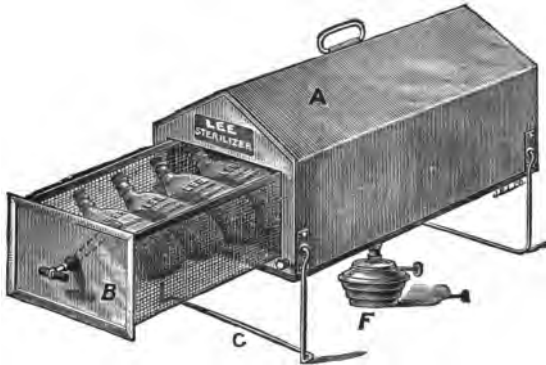
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# MILK STERILIZERS.

RENDER MILK FREE FROM GERMS.



Milk is nature's perfect food for babies, but this food may easily become impure and unfit for use by the absorption of germs.

In warm weather especially, this danger increases, and mothers and nurses can put no dependence on the quality of even that delusive article,—milk from one cow.

The difficulty, however, can be readily overcome by the use of a good Sterilizer, in which germs can be killed by the proper application of heat. A small outlay gives large returns in security and health. We can give you a Sterilizer simple in construction, easily operated and reasonable in price. Among others we have the widely known Arnold Steam Sterilizers and the Lee Sterilizer and Compress Heater in all sizes.

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OTIS CLAPP & SON,  
10 PARK SQUARE, BOSTON, MASS.  
417 WESTMINSTER ST., PROVIDENCE, R. I.



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